

FREE

take one

SPRING – FALL 2012

[save until september 2012]

SPECIAL EVENTS

PULL OUT
SECTION ON
PAGES 14 & 15

Hang it on your refrigerator for a full listing of spring and summer events!

Happenings



the city of
Hampton
virginia

STAY INFORMED! See back cover for more information.

inside this issue

Active Older Adults (55+) . . .	23-24
Adults	21-23
The American Theatre	25
Aquatics	6-7
Athletic Commissioners	18
Bark Park	7
Bluebird Gap Farm	9
Buckroe Fishing Pier	5
Parks & Rec Policies	3
Family Programming	16
Fitness for All	2
Golf	3
Groovin' by the Bay	10
Hampton History Museum	27
Healthy Families Partnership	15
International Childrens' Festival . .	15
Libraries	10-11
Mayor's Committee for People with Disabilities	16
Movie Series	17
Parks & Facilities	26-27
Personal Training	2
Sandy Bottom Nature Park	8-9
School Age Programs	19
Special Events	10-11 & 14-17
Storytelling in the Park	11
Tennis	4
Therapeutics	20
Youth	10-13 & 18-19



The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability. If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-6348.

FITNESS FOR ALL at Hampton's Community Centers

Community Centers will be noted in program listings by their abbreviations as listed below:

West Hampton Community Center (WHCC)	896-4687
Northampton Community Center (NHCC)	825-4805
Old Hampton Community Center (OHCC)	727-1123
North Phoebus Community Center (NPCC)	727-1160
Hampton Senior Center (HSC)	727-1601

General HPR Memberships
are \$20/year for adults
and seniors and \$15/year
for youth and teens.

**Fitness Center
Memberships**
are \$15/month
for ages 8 and up.



Congratulations on deciding to take the next step to better health, fitness and overall well-being. But before you jump feet first on the treadmill or into the Aerobics class, ask yourself the next few questions.

- Has your doctor ever said that you have a heart condition *and* that you should only do physical activity recommended by a doctor?
- Do you have a bone or joint problem (for example, back, knee, or hip) that could be made worse by a change in your physical activity?
- When was the last time you worked out? (realistically)

If you do some of your exercise in the gym, whether on your own, in group classes, or with a personal trainer, there are some simple precautions you can take to keep yourself safe:

Make sure the gym's trainers and instructors have been trained and certified by a reputable, national certification agency, such as ACE, AFAA, ACSM or NSCA. Which all of Hampton Parks & Recreation

trainers and instructors are. They should also hold current CPR and first aid certifications, so they can take action if an emergency occurs.

If you don't understand the instructions given, or the proper way to do an exercise or use a piece of equipment, always ask first. Improper technique or body position is a major cause of injury.

Know your limits. The "no pain, no gain" theory is old and wrong. Let your body guide you to what and how much you can do as well as talking with your trainer or talking with one of the fitness staff.

Finally, you don't need fancy equipment, clothes or shoes to get a good workout, but you do want to be comfortable and wearing the proper type of athletic shoes is key. If you are still wearing the same athletic shoes you got for Christmas in 1995, you need a new pair before you start working out. Now, when you are ready to walk through those Fitness Center doors, you can be sure you're going to be safe, get healthy, and feel great. For more tips on fitness and wellness topics, call Elizabeth Linthicum, Wellness & Fitness Coordinator, Hampton Parks & Recreation at 896-4695.

PERSONAL TRAINING can help make your fitness goals reality!

WE CAN:

*Take you through your workout
session step by step*
*Administer a fitness test
to show and set a baseline
to assess your fitness level*
*Answer any questions you have
about nutrition and fitness*
Create a program to meet your goals
And much more

PACKAGES INCLUDE

Nutritional Analysis \$20
Analysis will provide feedback on your diet, how you can improve your diet, and will help you meet your health and fitness goals.
Personal Training Single Session \$30 • 6 Sessions \$140 • 20 Sessions \$440
Goal setting, introduction to using the equipment and a guided workout, with a Personal Trainer.
Personal Training with Nutrition 6 Sessions \$160 • 20 Sessions \$460
Fitness testing, goal setting, introduction to using the equipment, and guided workouts with a Personal Trainer, and nutrition assessment.

FOR MORE INFORMATION or to sign up, please call 896-4687. ■ Available at West Hampton & Northampton Community Centers.

COME AND VISIT US AT THE HAMPTONS GOLF COURSE



The season is in full swing and we have a lot to show you. The course is beautiful and in great shape. Come out and see what all the buzz is about. Find out for yourself why The Hamptons Golf Course is the best golf value in the region.

If you are thinking of putting together a golf outing with your organization, please give us a call. We have already booked several 2012 outings. Our rates are unbeatable and we are committed to the success of your event and your satisfaction.

For more information, give us a call at **766-9148**
or visit our web site www.hampton.gov/thehamptons.

320 Butler Farm Road • Hampton, VA 23666

The Hamptons Golf Course

320 Butler Farm Road ■ Phone: 766-9148
www.hampton.gov/thehamptons

This course was designed by noted architect Dr. Michael Hurdzan. The Hamptons offers three distinctive nines, each with its own unique qualities. “The Woods” takes you out through tree-lined fairways punctuated by well-bunkered greens. “The Lakes” is perhaps the most scenic of the three nines, and the most challenging. Those beautiful lakes come into play on five of the nine holes. “The Links” nine has Scottish-style mounding pot bunkers and windswept ornamental grasses, dappled with a colorful array of wildflowers. Add to this a large putting green and practice range and the package is complete. Open year-round, sunrise to dusk.

The Woodlands Golf Course

9 Woodland Road ■ Hampton, VA 23663 ■ Phone: 727-1195

Enjoy this sporty 5,900-yard regulation par-69 golf course with bent green grass, Bermuda fairways and roughs, and 52 sand bunkers. The Woodlands has a newly renovated clubhouse with a pro shop catering to both men and women golfers. There is a new full-service restaurant and outdoor patio, featuring a new luncheon menu. A meeting room is available for rent to the public and may be reserved. Fees vary. Open year-round, sunrise to dusk.



Gift certificates are available for golf or merchandise.

HAMPTON PARKS & RECREATION ADVISORY BOARD

Meetings are generally held quarterly (Feb, May, Aug, Nov) on the first Wednesday of the month at 6:30pm. Please note these meetings are subject to change without public notification.

For more information, or to be placed on the agenda, please call the Hampton Parks & Recreation administration office at 727-6479.

BOARD MEMBERS:

Mr. Ted Parr, Chair
Mr. H.R. “Fuzzy” Bukovich, Vice-Chair
Mr. Willie Brown
Mr. Jack Pope
Mr. Walter “Bud” Porter
Mr. Robert Shuford
Mr. Donald Van Patten
Miss Kayla Holston, Teen Advisory
Mr. Myles Boyd, Teen Advisory

(updated 2/29/12)

www.hampton.gov/parks/administration_advisory_board

REGISTER EARLY!

All classes are filled on a first-come, first-served basis. Each class must draw a minimum number of participants or it will be cancelled.

Program fees must be paid at the time of registration. Unless otherwise noted, full payment serves as your registration. Early registration helps prevent class cancellations.

REFUND/CANCELLATION POLICY

Full refunds will be sent automatically when classes are cancelled due to insufficient registration or when changes in time, day, or location prohibit the registrant’s attendance.

- Since commitments for these services are made prior to the class start date, no refunds are given after the class has met for the first time.
- If you are unsure of a class and want to attend the first class without registering, call 727-1664 and ask to sample a class.

JUNIORS

All junior programs run in 8-week sessions in the spring and fall, and 4-week sessions during the summer. 4 participants min for each session. Advanced registration is required, court space is limited.

Competition Team (Advanced)

Mon OR Wed, Apr-Oct • 4-6pm
\$112/8 weeks

Designed for players who are beginning to play competitive tennis such as high school or USTA tournaments. Modified play, match play, and sport specific fitness will be used to help players develop modern stroke mechanics, shot production, and various match strategies.

Champions (Intermediate)

Tues OR Thurs, April-Oct • 5-6pm
\$56/8 weeks

An intermediate program for players who have a background in the game of tennis. Players in Champions have a grasp on the basic strokes of the game and are beginning to sustain rallies. Champion players will be introduced to the modern mechanics of all strokes. Scoring and the rules of the game through point play will be stressed at this level to ready the students for competitive tennis. Orange and Green Quick Start balls and courts will utilized at the stage. For ages 9+.

Futures (Advanced Beginner)

Tues OR Thurs, April-Oct • 4-5pm
\$56/8 weeks

Designed for players ages 6-9 who are just beginning to play tennis or who have progressed from the little aces program. Quick Start balls and courts will be used with a focus on the basic mechanics of the stroke, rules, etiquette, and scoring of the game intended to get students PLAYING the game of tennis.

Little Aces (Beginner)

Tues OR Thurs, April-Oct • 4-4:45pm
\$42/8 weeks

Designed for players ages 3-5 who are just being introduced to the sport of tennis. Quick Start courts and balls will be used to ensure that students are able to learn the proper tennis strokes. Various games will be utilized to develop hand eye coordination and early racket orientation. Little Aces will provide a fun and energetic environment that will begin a love of the game for younger players.

Athletics Character Education Tennis Camps

SPRING BREAK TENNIS CAMP
April 2-6 • 8:30am-Noon • \$95

TENNIS CARNIVAL
Sunday, April 8 • 2-4pm • Free
(ages 12 and under, please call to register)

SUMMER TENNIS CAMPS
6/25-29 • 7/9-13 • 7/23-27 • 8/6-10 &
8/20-24 • 8:30-Noon • Cost is \$95

Financial Assistance Available

HAMPTON TENNIS CENTER

9 Woodland Road ■ 727-1193

CENTER HOURS: Monday – Thursday 8:30am-Noon & 3:30-9:30pm; Friday & Saturday 8:30am-Noon • Sunday 3-6pm
EMAIL: hamptontenniscenter@gmail.com

Hampton Tennis Center is a full service Municipal Tennis Facility. Employing a Managing Pro, and trained staff to maintain the (7) clay courts in excellent playing condition and to provide playing options to suit your tennis needs.

Our activities range from general court play, Organized League Play and Rated or Sanctioned Tournament Play to custom stringing of your racquet. Call the Hampton Tennis Center to register.

Our Director – Eric Christiansen and his professional Instructional staff offer Individual lessons, Group Clinics and Summer Camps.

The Hampton Tennis Center would like to welcome the new Director of Tennis, **Eric J. Christiansen** (USPTA) – Led the Old Dominion Monarchs Men’s tennis team to a #18 NCAA Division I national ranking – Current Men’s Assistant Coach of the NCAA Division III nationally ranked Christopher Newport Captains – 2006 Mid Atlantic Fed Cup Coach – Coaches numerous regionally and nationally ranked juniors



ADULTS (ages 15+)

All adult programs run in 4 week sessions. 4 participants min for each session. Advanced registration is required, court space is limited.

Fitness Tennis

Tues OR Thurs, April-Oct • 6-7pm
\$28/4 weeks • \$9 drop in

This is a fun and fast paced workout, great for players of all levels who are looking to work on their strokes while getting a good cardio workout.

Adult Beginner Tennis

Wednesdays, April-Oct • 6-7pm
\$28/4 weeks • \$9 drop in

Designed for adults with little or no tennis experience, the instruction focuses on learning the basic skills of tennis in a friendly and relaxed environment.

PRIVATE LESSONS AVAILABLE BY APPOINTMENT

AM DOUBLES	Mixed	Senior Doubles . . . Mon 9-11am
	Ladies Doubles . . . Mon 9-11am
	Men's	Senior Doubles . . . Tues 9-11am
	Men's	Senior Doubles . . . Wed 9-11am
PM SINGLES	Ladies	Senior Doubles . . . Thurs 9-11am
	Men's	(3.5) Singles . . . Mon . . . 6-7:30pm
	Men's	(4.0) Singles . . . Tue . . . 6-7:30pm
	Men's	(4.5) Singles . . . Mon . . . 7:30-9pm
PM DOUBLES	Men's	(5.0) Singles . . . Wed . . . 6-7:30pm
	Men's	(5.0) Singles . . . Sat 9-12pm
	Men's	(3.5-4.0) . . Doubles . . . Wed . . . 6-7:30pm
	Men's	(4.0-4.5) . . Doubles . . . Thur . . . 6-7:30pm
	Mixed	(4.0-4.5) . . Doubles . . . Tue . . . 7:30-9pm
	Mixed	(3.0-3.5) . . Doubles . . . Sun 4-6pm

leagues

BUCKROE FISHING PIER



If you haven't experienced the excitement of catching a fish from the Chesapeake Bay, don't be discouraged. Come on down to the Buckroe Fishing Pier, where there are plenty of locals to show you how. The fish tails are flapping and so are the "fish tales". Stories of the ones that got away, but better yet, when you visit the bait and tackle/snack bar/restroom facilities at the

pier, you can see pictures of the ones that didn't. Try to get your name on the record board with your catch. There are plenty of fish in the bay, it's up to you to do the rest. The Buckroe Fishing Pier is open 24 hours a day; 7 days a week from April 1st through December 31st. Buckroe Fishing Pier has tackle rentals and sales. The pier features live bait and various other baits,



PIER ADMISSION FEES

(per 24-hour period)

Adult	\$8
Adult with a valid saltwater fishing license	\$6
Senior (62+); Children (10 & under)	\$6
Non-Fishing Visitor with Fisherman	\$4
Sightseeing Adult	\$1
Sightseeing Child	50¢
Monthly Pass	\$60
Seasonal (April-Oct • When Applicable) . . .	\$250

lures and tackle equipment for sale. Best of all, the Buckroe Fishing Pier is cooking up some delicious sandwiches, hot dogs and fries. Breakfast, lunch, dinner or a snack, we have got you covered. Get up there and make us proud. We want to see your name on the board and your picture on our Fishing Hall of Fame.

EVENTS/ACTIVITIES

Flounder Tournament

Saturdays, May 26-August • 12am-12am
Buckroe Fishing Pier • \$15 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. Prizes given for..... For more information call 727-1486.

Cobia Tournament

Saturdays, May 26-August • 12am-12am
Buckroe Fishing Pier • \$25 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. For more information call 727-1486.

Fishing Program for Youth

Wednesdays, year-round

BUCKROE FISHING PIER HOURS

The pier remains open 24 hours a day, 7 days a week.

The only time the pier will close is during extremely bad weather i.e. Nor'easters, hurricanes etc.

LOCATION

330 S. Resort Blvd.
 Hampton, VA 23664

DIRECTIONS

- From I-64E, take exit 268 toward Ft. Monroe
- Turn left onto S. Mallory St. continue onto N. Mallory St.
- Bear Right onto Point Comfort Avenue
- Turn Right onto Resort Blvd.

PARKING

There is a parking lot located right next to the pier with two van accessible parking spaces and three additional handicap accessible spaces.

CONTACT US

(757) 727-1486
 gofish@hampton.gov

Check out the Hampton Parks and Recreation's web page for more information, or call the Buckroe Fishing Pier at 727-1486.

SPONSORSHIP OPPORTUNITIES

Hampton Parks & Recreation is currently seeking sponsors for their upcoming events.

If you would like to donate any items, or sponsor an event please call **727-8314**.

thank you!

Hampton Parks and Recreation would like to thank you for your sponsorship and support:

BayPort Credit Union
Chick-fil-A (Coliseum Drive)
Hampton Visitor and Convention Center
Holly Days Parade Judges and Volunteers

Jeff's Flowers, of Course!
POMOCO Nissan
Wynne Ford and Wynne Volvo



GIFT CERTIFICATES AVAILABLE

They make great gifts!
 Available for Monthly or Yearly use.



AQUATIC SPECIALS
AND ENRICHMENT

Lifeguarding and Water Safety

Thursday-Sunday, 4/12-15 • OHCC • \$100*

Looking for a great summer job with some challenging fun, then get started with this class by the American Red Cross water safety for certification of lifesavers in the supervision of pool, beaches, water parks and other water related area. For ages 15+. Prerequisite: must be a good swimmer, in sound physical conditions and pass the preliminary swim skills review. **Cost does not include mask and manual which can be purchased online prior to first class date.** For more information call 727-1665.

Aquatic Fun Nights

Fridays, twice monthly June-Sept • 6-7pm
\$1.50 Adults • \$1 Youth/Seniors
Sites vary between HAC, OHCC and Ft. Monroe

Fun nights with pool games, water volley-ball scavenger hunts... loads of land to water activities for the whole family. For all ages. Pick up program schedule for details. Call 727-1665 to register or get more information.

Water Safety Day for Boy Scouts

Saturday, April 28 • Noon-2pm • HAC • \$1

A perfect opportunity for any Boy Scout of America who would enjoy the water and like challenges. Scouts will practice and review skills of the lifesaving merit badge, Safety Afloat and how swimming can contribute to overall fitness and health. For all ages. Call 727-1665 to register or get more information.

Water Polo Fun

Saturday, May 5 • Noon-2pm • HAC • \$1

Come learn how to play the game of water polo or brush up on your skills. Open to anyone who enjoys the water and likes the some challenging fun. For all ages. Call 727-1665 to register or get more information.

AQUATICS

OLD HAMPTON COMMUNITY CENTER (OHCC)

201 Lincoln Street • (757) 727-1123
Open Mon & Wed 8am-8pm, Fri 8am-7pm

HAMPTON AQUATICS CENTER (HAC)

300 Butler Farm Rd. (located behind the new Teen Center building, next to the Hamptons Golf Course) • (757) 728-5485
Open Tues & Thur 8am-8pm, Sat 9am-4pm

Come and explore any one of the two 25-meter pools, Old Hampton Community Center and our newest facility Hampton Aquatic Center, which features a whirlpool, and two cedar saunas.

Enjoy swim lessons and group activities, such as water fitness and water therapy sessions, along with learn-to-swim classes.

We invite all youth to participate in our Teen Adventures hour, snorkeling explorations and swim evaluations. We can also accommodate small and large groups for birthday parties, pool parties and lock-ins.

● Infant and Toddler Programs

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIME	FEE
Aquababy (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (4 classes/session) <i>Session 1:</i> 3/3-24 <i>Session 4:</i> 7/7-28 <i>Session 2:</i> 4/7-28 <i>Session 5:</i> 8/4-25 <i>Session 3:</i> 6/2-23 <i>Session 6:</i> 9/8-29	6 mos.-2 yrs. Parents help children with water adjustment, submerging and bubble blowing.	Sat. 9-9:30am	\$20
Pre-beginners (HAC) (Parent Required) (participant # min 6/max 15)	Saturdays only (8 classes/session) <i>Session 1:</i> 3/3-4/21 <i>Session 3:</i> 7/28-9/15 <i>Session 2:</i> 6/2-7/21 <i>Session 4:</i> 9/22-11/10	3-5 yrs. Children who are ready for water exploration, primarily safety and beginner crawl stroke.	Sat. 9:30-10am	\$40 \$20 (4 classes session)

● Youth Programs — All classes limited to 10 students. All participants must be at least 6 years old and 4 feet tall.

Level I:	Level II:	Level III:	Level IV:	
Water Exploration Children are given tasks that help them become more comfortable in and around the water. Skills taught are submersion, breath control, floating, and water entry. Front crawl stroke introduced.	Primary Skills This level progresses to floating unsupported, rhythmic breathing, the flutter kick, and locomotion of arms for front and back crawl strokes.	Stroke Readiness At this level all strokes from previous levels are refined and combined with other skills. Skills taught are turns, bobbing, retrieval of objects from the deep water, and diving. Elementary backstroke introduced.	Stroke Development All strokes are developed with the introduction of diving from a standing position, treading water, and rotary breathing. Breaststroke and sidestroke are introduced.	
CLASS & LOCATION(S)	DAY	SESSIONS	TIME	FEE
Level I & III (participant # min 6/max 12)	Saturdays Only (HAC)	Session 1: 3/3-4/21; Session 2: 6/2-7/21 Session 3: 7/28-9/15	10:15-11am	\$40 (8 classes/session)
	Mon & Wed (OHCC)	Session 1: 3/7-4/25; Session 2: 6/6-7/2 Session 3: 8/1-27	5-5:45pm	\$40 (8 classes/session)
Level II & IV (participant # min 6/max 12)	Saturdays Only (HAC)	Session 1: 3/3-4/21; Session 2: 6/2-7/21 Session 3: 7/28-9/15	11-11:45am	\$40 (8 classes/session)
	Tues & Thurs (HAC)	Session 1: 3/5-28; Session 2: 6/5-28 Session 3: 7/31-8/23	5-5:45pm	\$40 (8 classes/session)

● Adult / Seniors Programs — For more information, call 727-1123

CLASS & LOCATION(S)	SESSIONS	DESCRIPTION	TIMES	MONTHLY FEE / 3 MONTH FEE
Aquafit (participant # min 6/max 25)	Monthly except May	Low Impact, cardio	MWF • 8-8:45am @ OHCC	Adult: \$24/\$72 • Seniors: \$21/\$63
			Tues & Thurs • 8-8:45am @ HAC	Adult: \$16/\$72 • Seniors: \$14/\$63
Stretch & Tone (participant # min 6/max 25)	Monthly except May	Low Impact, cardio	Tues & Thurs • 6-6:45pm @ HAC MWF • 9-9:45am @ OHCC	Adults: \$16/\$72 • Seniors: \$14/\$63
Deep Water (participant # min 6/max 25)	Monthly except May	No Impact, cardio	MWF • 9-9:45am @ OHCC	Adult: \$24/\$72 • Seniors: \$21/\$63
Adult Swim Lesson (participant # min 6/max 15)	Monthly except May	Beginners-Advanced	Mon & Wed • 7-7:45pm @ OHCC	Adult: \$16/\$72 • Seniors: \$14/\$63
Water Therapy (participant # min 6/max 25)	Monthly except May	No Impact	Tues & Thurs • Noon-12:45pm @ HAC	Adult: \$16/\$72 Seniors: \$14/\$63
Lunch Time Liquid Cardio (participant # min 6/max 25)	Monthly except May	Low Impact	Mon & Wed • Noon-12:45pm @ OHCC	Adult: \$16/\$72 Seniors: \$14/\$63

General Swim Fees, Times & Information for Both Pool Locations

You must obtain a Hampton Parks & Recreation ID card in order to be admitted into any general swim session. Without the HPRD ID card there is an additional \$2 with each visit (limit 2 visits).

Schedule subject to change for seasonal programs.

*Group Usage: Please call ahead to inquire or schedule a group to assure there is space in the desired session. Pool capacity is 100.

Daily Pass Rates: Adults \$1.50;
Seniors \$1; Youths/Teens \$1

GENERAL SWIM	DAYS	LOCATION	TIMES
Lap Swim (only)	Tues & Thurs (3/1-6/15)	HAC	10am-Noon
	Mon-Wed-Fri (3/1-6/15)	OHCC	10am-Noon
	Tues & Thurs (6/16-9/7)	HAC	9-10am
	Mon-Wed-Fri (6/16-9/7)	OHCC	Noon-1pm
Open/Lap	Tues & Thurs (3/1-6/15)	HAC	Noon-4pm
	Mon-Wed & Fri (3/1-6/15)	OHCC	Noon-4pm
	Saturdays (3/1-9/7)	HAC	Noon-4pm
Open Swim	Tues & Thurs (6/16-9/7)	HAC	2:30-4pm
	Mon-Wed-Fri (6/16-9/7)	OHCC	1-4pm
Family Swim	Tues & Thurs (March-September)	HAC	7-7:45pm
	Mon-Wed-Fri (March-September)	OHCC	6-6:45pm

Monthly Pass: \$10/month
(unlimited access during open swim times for each calendar month)

Punch Passes (valid for 20 pool visits):
Adults \$25; Youth & Seniors \$15

VOLUNTEERS

A volunteer opportunity is yours for the asking. Parks & Recreation can provide opportunities for men, women, and teens to get connected with their communities. You may volunteer as an individual or work as part of a group and help create healthier communities, encourage citizenship, and improve service delivery. As partners in this effort, we can work to enrich the quality of life for everyone, citywide.

For a list of volunteer opportunities or information, please call 727-1601.



LEISURE
CLASS
PROGRAM
INSTRUCTORS

If you have a skill
that you want to
share and get paid,
call 727-1664.

wanted

Dog Days of Summer!

Ridgway
Bark Park

Sunday August 25, 2012
1:00pm-4:00pm

Ridgway Bark Park, Ridgway Park
85 E. Mercury Blvd. Hampton, VA 23669

It may be the hottest part of the summer but the **Dog Days** at Ridgway Bark Park are all about fun with you family and canine companion. Come on out for the dog bathing suit contest, free giveaways, entertainment, demonstrations, and much more.

Chance to WIN a
SpotBot® Pet Deep Cleaner

For more information:
www.hampton.gov/parks
757-727-8311



BARK PARKS

SANDY BOTTOM BARK PARK 1255 Big Bethel Rd ■ **RIDGWAY BARK PARK** 85 E. Mercury Blvd

Hampton Bark Parks will provide unbridled freedom for master and pooch to socialize, exercise, throw sticks and just have fun. Annual membership is \$10 (\$5 for each additional dog), includes access to both parks and valid for one year from the date of registration. Dogs must be at least 4 months of age, have current proof of registration from their area of residence

and paperwork showing up to date Rabies, Parvo, Distemper and Bordetella vaccinations. Memberships can be purchased at Hampton Parks and Recreation, 22 Lincoln Street, 5th Floor, Hampton City Hall or Sandy Bottom Nature Park. Checks, Visa, Master Card and Money Orders accepted. Call 727-8311 for more information.

“ I THINK DOGS ARE THE MOST AMAZING CREATURES; THEY GIVE UNCONDITIONAL LOVE. FOR ME THEY ARE THE ROLE MODEL FOR BEING ALIVE.”

—Gilda Radner

SANDY BOTTOM NATURE PARK

1255 Big Bethel Road
Hampton, VA 23666
Phone 825-4657 ■ Fax # 757-825-4658
E-mail sbottom@hampton.gov.
www.hampton.gov/sandybottom

This 456-acre environmental education and wildlife management facility offers a Nature Center with animal exhibits, conference and classroom, library, hiking trails, fishing, jon boats, paddle boats, canoes, educational programs, nature videos, wildlife education area, picnic shelters, playground, gardens, amphitheatre, and primitive single and group campsites. Park Rangers on duty year round. Free admission and parking (rental fees for use of jon boats, paddle boats, and canoes, campsites, reserved picnic shelters, conference and indoor classroom, and some educational programs).

Hours of Operation: Our gates are open every day of the year except Christmas and when snow makes the roads impassable.

Park Hours: Sunrise to Sunset

Nature Center Hours

May-September 9am-6pm, 7 Days a Week
October-April 9am-4:30pm, 7 Days a Week

Hampton Land Conservancy partners with the Parks and Recreation Department and holds their monthly meeting every 4th Tuesday of the month from 4:30-6pm at Sandy Bottom Nature Park and is open to the public. They are currently looking for new members and members to serve on the Board of Directors. The Hampton Land Conservancy was established in 2002 by a group of concerned citizens to protect remaining natural areas in Hampton and surrounding cities. The mission is to provide long term protection of natural areas through the receipt of donated properties, the holding of conservation easements on parcels, and the judicious purchase of selected parcels. For more information visit www.hamptonlandconservancy.org.

Friends of Sandy Bottom (FOSB) is a non-profit organization that supports the park and its staff. Together they provide a Nature Park of the highest quality for the entire region. The group meets on the last Thursday of the month at 6pm in the Nature Center at the park. If you would like to be a part of this organization and help preserve this unique bit of nature in the heart of the peninsula, come to one of the meetings. Together, Courtney Worrall and FOSB created Natureoption. This is when citizens can "adopt" non-releasable wildlife in the park.

For information on monthly meetings at Sandy Bottom Nature Park of the Gem & Mineral Society of the Virginia Peninsula, the Sierra Club, the Hampton Roads Bird Club, the Hampton Land Conservancy, or the Friends of Sandy Bottom Nature Park, please call 825-4657.



SANDY BOTTOM NATURE PARK

Waterfowl ID

Sunday, March 11 • 9:30-10:30pm
Nature Center • \$2/child

Join a ranger in a leisurely hike thru our park and find out what kind of waterfowl hang out at Sandy Bottom this time of year. Register by the day prior by 3pm.

Sunday Nature Hike

Sundays, 3/18, 4/22, 5/20, 6/17, 7/15, 8/19 & 9/16 • 1-2pm
Nature Center • \$2/person

Join a Park Ranger for a leisurely nature hike. Start out in the Nature Center to learn the history of Sandy Bottom Nature Park and look at our critters, then hike along the lake to our wildlife education area where we are caring for non-releasable wildlife. For all ages. Register Friday prior by 3pm.

Have Knots

Saturdays, 4/15, 6/24 & 7/22 • 10-11am
Nature Center • \$2/person

Come out to Sandy Bottom to meet one of our Rangers and learn how to tie knots that can be used for many different purposes. For ages 5+. Register by the day prior at 3pm.

Easter Eggstravaganza

Saturday, April 7 • 10am-3pm
Nature Center • \$5/child

Easter is here again and Sandy Bottom Nature park will be having its annual Eggstravaganza. Come join in the fun where you and your kids can experience arts and crafts, visit Easter rabbits and have egg hunts. After each hunt goodie bags will be handed out. For ages 3-12.

Tracking

Saturday, 3/24 • 9:30-10:30am
Nature Center • \$3/person

Join a ranger on a leisurely hike through our park and find tracks which you will learn to identify, and then make a mold of it to take home. For ages 8+. Register by the day prior at 3pm.

Wilderness Survival

Sundays, 3/25, 5/27, 8/26, 9/30 • 10-11am
Nature Center • \$2/person

Come to Sandy Bottom and learn with a ranger what to do if lost in the woods. You will learn things like how to start a fire, purify water, find food and build a shelter. For ages 8+. Register by 1 day prior by 3pm.

24-Hour (Overnight) Wilderness Survival

Friday-Saturday, June 29-30 • 10am-10am
Nature Center • \$10/person

Come to Sandy Bottom and learn with a ranger what to do if lost in the woods. You will learn things like how to start a fire, find safe drinking water, find food and build a shelter, and then camp out until the next morning. For ages 8+. Register 3 days prior by 3pm.

Campfire Fun and Lakeside Hayride

Fridays, 3/16, 4/28 & 5/18 • 7-8:30pm
Nature Center • \$5/person

Enjoy an evening of stories and songs around the campfire at our amphitheater and a good old-fashioned hayride. Toasted marshmallows and hot chocolate will top off the evening. For ages 8+. Register by the day prior at 3pm.

Scavenger Hunt

Saturday, July 28 • 9:30am-Noon
Nature Center • \$2/person

Come out to Sandy Bottom and have a Scavenger Hunt. You and your family will have to mark off on a park map where you find all the natural objects. The first family to finish wins. For all ages. Register by the day prior at 3pm.

Kids Fishing

Saturdays, 3/10, 4/28 5/12, 6/16, 7/7, 8/11 & 9/8 • 10-11am
Nature Center • \$2/child

Learn the basics of fishing, the different types of bait, and how to bait your own hook. Fishing techniques and secrets to catch a big fish will be taught. Bring your favorite fishing pole or use one of ours. For ages 3-15. An adult MUST accompany all children. Register by the day prior at 3pm.

Turtle Painting

Saturday, 4/14 • 11am-Noon
Nature Center • \$2/person

Come and learn about our native turtles, and afterwards we can help the turtles finger paint. Each person will receive a picture painted by the turtles. Ages 5+. Register by 3pm, 1 day prior.

Birdhouse Building

Saturday, April 21 • 10-11am
Nature Center • \$3

Learn what style homes our local bird population enjoy and then build one to take home for placing in your yard. For ages 7+. Register by the day prior at 3pm.

Amphibian Hike

Sunday, June 9 • 9:30-10:30am
Nature Center • \$2/person

Join a ranger for a leisurely hike through Sandy Bottom to find out what kind of amphibians hang out at Sandy Bottom this time of year. For ages 8+. Register by the day prior at 3pm.

Snakes Alive!

Saturdays, 5/5 & 8/4 • Noon-1pm
Nature Center • \$2/person

Are you fascinated by snakes? Do they frighten you? You can learn many interesting facts about snakes and why they are to be welcomed, not feared. Learn which venomous, as well as non venomous, snakes live at the park. You will have the

opportunity to touch and look at several snakes close up. This is a fun experience for the whole family. For ages 8+. Register by the day prior at 3pm.

Jr. Rangers

Weekdays, 7/16-20, 7/30-8/3 & 8/13-17
9am-1pm • Nature Center • \$50/person

Come join the staff of Sandy Bottom Nature Park for a week of fun and adventure. Jr. Rangers is a week-long day camp for children ages 7-12 that teaches many valuable outdoor skills while having tons of fun. Educational classes on local wildlife, wetlands, and pollution will be taught, along with outdoor skills such as what to do if lost in the woods, canoeing, fishing, and much more. Registration is 1 week prior by 3pm.

Sunday Hayrides

Sundays, 5/13 & 9/23 • 1-2:30pm
Nature Center • \$2/person

Come and join in on the hayride fun, where we will offer 3 separate hayrides around our wetlands. Ride will take 20 minutes. Start times are as follows: 1pm, 1:30pm, and finally 2pm.

Survival Gear

Saturday 9/1 • 10-11am
Nature Center • \$3/person

In this program we will cover all the best survival tools to keep in your emergency kit and then make a survival bracelet which you will be able to keep. For ages 8+. Register by the day prior at 3pm.

Nature Relay

Saturday, August 25 • 9:30-Noon
Nature Center • \$2/person

We are offering our first relay race open to the public. Two person teams will have to prove their canoe and foot skills. Awards will be given to the top 3 teams. For ages 8+. Register by the day prior at 3pm. Call 825-4657 for more information or visit us on site for an information packet.



BLUEBIRD GAP FARM

Bluebird Gap Farm offers a number of free farm programs for the general public every month. These programs are posted in our monthly Farm Program Guide that is available free in our Antique Barn, or you can view these programs at our website at www.hampton.gov/bbgf. All of our programs are available on a first come, first served basis. Please call 825-4750 for more information or in case of inclement weather.

Bluebird Country Hayride

Saturdays, 3/10, 4/14, 5/12, 6/9, 7/14 & 8/11 • Noon-2pm
Meet behind the Bluebird Amphitheater • Free

Come on down to Bluebird Gap Farm for a good old-fashioned country hayride. We load up behind the Bluebird Amphitheatre Stage and take a leisurely ride in a tractor-drawn hay wagon down the road a ways to the back of the farm around the fishin' pond, thru the woods, and back. Wanna go again? Well just get back in line and ride again iffin you want to. This program runs the 2nd Saturday of each month and is fair-weather dependent. For all ages.

Pony Pedicures

Saturdays 4/21, 6/9, 7/21 & 9/1 • 10:30-11:30am
Meet at the Livestock Barn • Free

You can trim your fingernails and toenails but what's a pony to do? Today you can see a demonstration of the art of trimming horse's hooves from our Farrier (horse shoer). For all ages.

Llama Drama Ding Dong

Wednesdays, 4/4 & 4/11 • 10:30-11:30am
Meet at the Livestock Barn • Free

Wanna see our llamas get their fleece sheared? Join the farm staff at Bluebird Gap Farm to see the staff make a shaggy llama look like a well-coiffed ruminant. For all ages.

Alpaca Whacka-doo

Wednesdays, 4/18 & 4/25 • 10:30-11:30am
Meet at the Livestock Barn • Free

Wanna see our alpacas get their fleece sheared? Join the farm staff at Bluebird Gap Farm to see the staff make a shaggy alpaca look like a well-coiffed ruminant. For all ages.

The Baa Baa Shop

Wednesdays, 5/2, 5/9, 5/16, 5/23 & 5/30 • 10:30-11:30am
Meet at the Livestock Barn • Free

Did you know that the wool in your sweater once was growing on the back of a sheep? Join the farm staff at Bluebird Gap Farm to watch a sheep's wool being sheared. For all ages.



LIKE us
on
FaceBook

BLUEBIRD GAP FARM

60 Pine Chapel Road
 Hampton, VA 23666
 Phone 825-4750 ■ Fax# 825-4739
 E-mail bluebird@hampton.gov
www.hampton.gov/bbgf

The farm offers an exciting, family-oriented adventure and educational experience rarely seen in an urban environment. This farm has more than 150 domestic and wild animals, including cattle, deer, pigs, emus, alpaca, sulcata tortoise, waterfowl, doves, barnyard fowl, ponies, sheep, goats, llamas, and even peacocks strutting along the walkways.

There are picnic tables under a shelter and many more picnic tables in various locations. Enjoy an antique display barn with vending machines, Hampton Master Gardeners Display Garden and Arboretum, and a large playground with plenty of space for kids to roam. Handicap-accessible restrooms on-site. The azalea nature trail is a beautiful experience in the springtime. Park rangers are on duty year-round.

Free admission and parking.

Hours of Operation:

Open year-round, Wednesday-Sunday, 9am-5pm
 (closed on Monday and Tuesday, and major holidays)

SPECIAL PROGRAM

The Hampton
 Master Gardener's
 Spring Plant Sale

Saturday, 5/5 • 9am-2pm

Bluebird Gap Farm
 Master Garden
 and Arboretum.

ADMISSION IS FREE

friends of the farm

SUPPORT GROUP FOR BLUEBIRD GAP FARM

If you love the outdoors, animals, gardening, hard labor (well maybe some good old fashioned hard work is a better term), then you'll want to come on down to Bluebird Gap Farm and join "Friends of the Farm."

"Friends of the Farm" meet the last Thursday of each month (except November and December) at 7pm at the Sandy Bottom Nature Park Nature Center. New members are always welcome!

Give Jim Seward a call (827-2765)
 to let him know you want to help out.



LIBRARIES

MAIN LIBRARY

4207 Victoria Blvd. • Hampton, VA 23669

Book-to-Film Book Club

4th Wednesday of the month,
June 25-August 24 • 6-8:30pm • Free

This is a club for adults where the members select a book to read. Then the group meets to watch the film adaptation of the book and discuss how the two compare and contrast. Light refreshments are provided by the Friends of the Hampton Public Library. Registration is required. Call 727-1312 to register.

Short Story Club

Tuesdays, 3/27, 4/24, 5/22, 6/26, 7/24,
8/28 & 9/25 • 6:30pm
meet in Special Collections section • Free

Participants are invited to bring their favorite short stories, essays or poems (new, classic, or original) to read aloud, or just come and listen. A general guide for the length of a reading is ten minutes. Light refreshments will be served. Ages 18+. No registration necessary; for more information 727-1312.

The Read It, Rate It Book Club

Pick up a rating form at any branch, rate an adult fiction or nonfiction book you have read, and be entered to win great prizes! Ages 18+ and runs throughout the year. For more information call 727-1312.

Summer Reading Club

6/8-7/20

Visit any of the Hampton Library locations to register. There are clubs for all ages!

Friends of the Hampton Public Library Used Book Sale

Fri & Sat, March 16 & 17 • 9am-5pm
Sun, March 18 • 1pm to 4pm

Children's books 25¢, paperbacks 50¢-
\$1, hard backs \$1, Media also available.
Preview sale for members Thursday March
15 from 7-9pm. Join at the door! Main
library 4207 Victoria Blvd. Hampton VA
23669. **ALL PROCEEDS BENEFIT THE
LIBRARY!** Phone 727-1154 for more
information.

Author Talk

Sunday, March 25 • 2pm • Free

Author and Hampton native, Matt
Matthews will speak about his book *Mercy
Creek*. Matthews is also winner of the
"South Carolina First Novel Award." This
event is sponsored by *The Friends of the
Hampton Public Library*. Call 727-1154
for additional information.

[continues on page 11 sidebar]

Youth Violence Prevention Week

March 19-23, 2012 ■ Coming Soon... to a school near you!

Day 1 (3/19)	Day 2 (3/20)	Day 3 (3/21)	Day 4 (3/22)	Day 5 (3/23)
Promote Respect and Tolerance	Manage Your Anger	Resolve Conflicts Peacefully	Support Safety	Unite in Action
This day provides an opportunity to address common challenges facing today's youth such as prejudice, bullying and disrespect. <i>IDEA: Class discussion/role play on importance of showing respect.</i>	Focus on effective ways to prevent anger from leading to violence. You can focus on emotional literacy and stress management, such skills help kids to keep a cool head when facing a potentially violent situation. <i>IDEA: Highlight ways to express and "cool down" when dealing with anger.</i>	Help young people to deal with conflict in a productive way by teaching how to manage their conflicts, they will learn how to de-escalate potentially violent situations before they get out of control. <i>IDEA: Create a peacemakers wall in your school to highlight non-violent figures in history.</i>	An opportunity to teach students, staff and the community about specific safety initiatives. Some of the issues that can fall under this strategy include preventing school violence by informing adults about specific threats, avoiding risky behaviors such as playing with guns, and stranger safety. <i>IDEA: Promote existing options for reporting crime in school.</i>	This day's strategy focuses on bringing communities together in service. By creating a positive sense of community and developing concern for others, students will learn that they can break the chain of violence. Lesson plans and activities are provided. <i>IDEA: Serve the community or take up a charitable cause—a service project.</i>
For more project ideas visit www.nyvpw.org				



Sunday evenings will be rocking at the beach this summer with a musical mix including everything from beach, pop, oldies, Motown and swing.

Whether listening or dancing, you'll enjoy this evening of music under the stars!

JUNE 17 ■ Slapwater

JUNE 24 ■ Tidewater Drive Band

JULY 1 ■ The Rhondels

JULY 8 ■ TFC Band

JULY 15 ■ Coolin' Out

JULY 22 ■ Rare Mixx

JULY 29 ■ Kustom Made

AUGUST 5 ■ Strictly Bizzness

— FREE & OPEN TO THE PUBLIC —

Directions to Buckroe Beach: I-64 to Exit 268
continue on Mallory St. for 3-4 miles.

Call for weather cancellations updates:
727-8311

SUNDAYS ■ 6-9PM ■ BUCKROE BEACH

WYNNE FORD VOLVO'S



6/22 The Diggity Dudes

play hip music for hip kids and their equally hip parents. A typical set covers everything from pet rocks to disco moves to science experiments to presidential physical fitness, all delivered via ultra-catchy melodies over funky and danceable grooves. Interactive skits, audience participation and a lighthearted comedic twist are what make a Diggity Dudes show more than a show – it's truly an experience.

6/26 Mr. Squeeze – If You Please!

Get ready to jump out of your seat and onto your feet for non-stop action when Jim Rice brings his band in a box accordion with songs, rhymes and riddles to entertain children of all ages. Do ya wanna be a dog? Have you ever been On Top of Spaghetti? Stomped yer peg or clapped ye hook to pirate songs? Can you do the Chicken Dance backwards? Would you like to sing and march to our Armed Forces songs? This and more for kids is in store as they become the entertainment thanks to Mr. Squeeze and his music box.

7/6 Robert RedHawk Eldridge of

Monterey, TN is a Native American decent and an enrolled member of the Sappony Tribe located in Halifax Co. VA. Stories are an important part of Native Culture teaching lessons to our children in fun ways. Ever wonder why the possum's tail is bare or why the deer has antlers? Then come laugh and learn with Robert RedHawk!

7/13 The Hysterically Correct Pirate Show

is a lively, interactive, and musical sail through pirate history and lore... Join Captain Willoughby Caught and become a part of the Crew of the Pollywogs Revenge as you learn about being a pirate through the

Captain's songs, stories, and activities. Learn to sing, dance, work, and play pirate style with entertaining lyrics and toe-tappin' jigs!

7/20 Over the past 8 years, Virginia children's book author **Kim Norman** has been invited to nearly 100 elementary schools around the country to share her love of books and reading. Her performances are packed with funny stories, audience participation, music, chants and, of course, loads of laughter. Bop along to her original Story Time Boogie, and other songs that encourage children and their parents to turn reading into a favorite family sport.

7/27 Rob Westcott, award-winning comedy magician and family entertainer, is returning to Storytelling in the Park by popular demand! Rob weaves amazing comedy magic with puppetry and audience participation into a story to inspire children to Dream Big! Rob is returning with his friends - Prince Charming the beautiful live bunny and Chico the mischievous monkey (puppet). Bring your camera and get a photo of your child holding the live bunny in the top hat!

8/3 Grey Goose Players will perform hilarious fractured fairy tales with audience participation.

Fridays

11 am

Bluebird Gap Farm

60 PINE CHAPEL ROAD

Experience the art of storytelling through magic, music, puppetry and prose.

Come early and bring your picnic basket or stay after to greet the animals and enjoy the playground.

Children 'rock' at Bluebird Gap Farm!



RAIN SITE:

West Hampton Community Center
(1636 Briarfield Road)

[WWW.WYNNEFORD.COM]

www.hampton.gov/parks
(757) 727-8311

MAIN LIBRARY

4207 Victoria Blvd. • Hampton, VA 23669

Children's Department Programs • 727-1157

Lego Club:

Saturdays, 3/24, 4/28 & 5/19 • 10:30am-Noon

Come explore each week's theme and build a creation! For ages 6-10. *Registration is required.

Game Night:

Thursday, April 5 • 4-7pm

Join us for Family Fun! Wii! Dancing! Board Games Galore! For all ages. *Registration is required.

Storytime

Wed & Thurs, 4/4-5/10 • 10am

Spring has sprung at the Northampton Branch Library, so join us for storytime fun and adventure. Call 825-4558 to register.

Drop Everything and Read!

Thursday, April 12 • 10am-5:15pm

Parents and children are invited to the Hampton Public Library to come together for 30 minutes and read! Every child will receive a free book and a Chic-Fil-A Icedream Cup. All ages.

Little Sprouts Garden

Tuesday, April 17 • 4-5pm

Welcome spring with stories, exploring seeds in fruit and taking seeds home to plant in your very own garden. Ages 7 and up.

NORTHAMPTON BRANCH LIBRARY

936 Big Bethel Rd. • Hampton VA

Spring and Easter Make-N-Take Program

Saturday, March 31 • 11am-3pm

This program will include stories, rhymes, and crafts for children of all ages. The library is located at 936 Big Bethel Road. This event is free and open to the public. Registration is not required but you may call 825-4558 for additional information.

PHOEBUS BRANCH LIBRARY

1 S. Mallory St. (corner of County St.) • Hampton, VA

Habitat For Humanity: A Brush with Kindness

Friday, March 23 • 1pm

Here's an opportunity to find out about Habitat for Humanity's newest program, "A BRUSH WITH KINDNESS". It's a home repair program serving low-income homeowners who have struggled to maintain the exterior of their homes. The program focuses on exterior services like painting, minor outside repairs, safety-related improvements, landscaping, weatherization, and outdoor cleanup. Work is performed using volunteer labor and, whenever possible, donated materials. The next home they help could be yours!

FITNESS

Tae Kwon Do

Tuesdays • 7-8pm • NHCC • \$20/month

This course, for ages 5+, focuses on the traditional art of Tae Kwon Do with a self-defense application. Get physically fit while learning to defend yourself, gaining confidence, and improving your self-esteem. Classes are taught by a certified TKDO Master, Master Barnes. For more information, call 825-4805.

Youth and Teen Self Defense

Tues & Thurs, 3/6 & 8 • 5:30-6:30pm
OHCC • Free with HPR ID

Skills training that prepare youth and teen participants, ages 6-17, for threats that may cause them harm. Skills will focus on how to resolve conflict, physical self-defense, and techniques for getting away from a dangerous situation. Program will developed self-esteem, respect, discipline, and endurance. For more information call 727-1123



COMMUNITY CENTERS
ABBREVIATIONS KEY:

- West Hampton
Community Center WHCC
- Northampton
Community Center NHCC
- Old Hampton
Community Center OHCC
- North Phoebus
Community Center NPCC
- Hampton
Senior Center HSC
- Air Power Park. APP

You can register for classes
at any community center
— or — call 727-8311!

YOUTH

[Includes former Preschool & Teen sections. Programs for ALL AGES & FAMILIES are listed in the Adult section.]

SPECIAL PROGRAMS

Back to School Tutor

Thursdays • 4:30pm-6:30pm
OHCC • Free with HPR ID

This program helps participants, ages 6-12, with their school assignments. For more information call 727-1123.

Kids Night Out

3rd Friday of each month starting April 20
6-10pm • WHCC • 10/participant

Parents your kids are SCREAMING for a night out on the town. Well, we are READY to provide them with it. Bring them out for a fun-filled evening. We will climb the rock wall and venture out on the town. This program is for kids, ages 6-14. Dinner is provided.

Scrabble Club

Wednesdays, beginning 4/4 • 4-6pm
OHCC • \$15

Learn while having fun! This club, for ages 9-15, can help you build your vocabulary one word at a time. For more information call 727-1123.

Thursday Book Club

Beginning Thursday, 3/29 • 4-4:45pm
OHCC • Free with HPR ID

The book club, for ages 6-13, meets once a month. It is a part of a literacy program that integrates reading, writing, art and technology. This is an ongoing program. For more information call 727-1123.

Fun Factory

Mon-Fri • 3-6pm
WHCC • Free with HPR ID

Students, ages 6-18, will enjoy daily activities at the community center, as well as tutorial services. Students can participate in arts & crafts and take a chance at our rock wall. For more information call 896-4696.

After School Program
at Newtown Learning Center

Mondays-Fridays • 2:30-6pm
Newtown Learning Center • Free

For ages 5-17. For more information call 728-1710.

Quilting with Kids

Wednesdays, beginning 5/9 • 5-6pm
OHCC • \$5/session

Projects will range from a 4-patch to 9-patch design. Children will learn machine safety, measurement and sewing by hand. For boys & girls, ages 6+. Youth will be required to purchase their own supplies, which will be given at registration. Supplies needed for the first session. For more information call 727-1124.

4-H Junior Camp

June 18-22
Jamestown 4-H Educational Center

This Virginia Cooperative Extension camp is for boys and girls aged 9-13 years old, must be 9 years old by 9/30/2012. Call 757-727-1401 for more information.

Sports, Arts, and Employment Expo

April 9-13 • 9am-3pm
OHCC • Free with HPR ID

This expo is for ages 6-15. For more information call 727-1123.

SOCIAL

Scrappy Cards

Last Saturdays each month, beginning 5/26
10am-Noon • OHCC • \$7/person

Never buy another greeting card. This class is designed to inspire the creative side in everyone. Learn to make greeting cards out of scraps and stamps. Class is open to the young and old (ages 6+). For more information call 727-1123.

Teen Entrepreneurship Club

Thursday, 5/10 • 4-5pm
OHCC • \$15/person

If you want to earn your own money, but are too young to take a part-time job or would prefer to be your own boss, this maybe the class for you. You will be introduced to ideas to make money and how to get started. For ages 12-16. For more information call 727-1123.

Middle School Madness

Saturday, 4/14 • 7:30-10pm
OHCC • \$5/person

The youth will spend Saturday night with friends having fun. They will enjoy music, games, open mic, dancing, laser tag, and more. Parents can rest assured that their middle school child is in a safe and secure environment. For more information call 727-1123.

Counselor in Training

Monday-Friday, 7/25-29 • 9am-2pm
OHCC • \$45/person

You will learn skills that may help you find employment next summer with our summer camps. After completion of the program you will get the opportunity to volunteer and can put your new found skills to good use. For ages 15-17. For more information call 727-1664.

Teen Prevention

Thursdays • 4:30-6:30pm
OHCC • Free with HPR ID

Program that provides facts that help teens, ages 13-17, make informed and responsible decisions that promote healthy choices in life. Topics include: Career Workshops, Peer Pressure, Education, Character Building, Gang Awareness, and Life Skills. Weekly program. For more information call 727-1123

Back to School Tutor

Thursdays • 4:30pm-6:30pm
OHCC • Free with HPR ID

This program helps participants, ages 13-17, with their school assignments. For more information call 727-1123.

Teen Recreation

Thurs & Fri • 2:30-6:30pm
OHCC • Free with HPR ID

Teens just wanna have fun! Let OHCC provide structured and free time activities for your teen, ages 13-17. Activities hours are convenient for after the school day. For more information call 727-1123.

Elites Pageant Boot Camp

Wednesdays, beginning 3/7 • 5:30-6:30pm
OHCC • *Free with HPR ID

Learn the steps needed to make a formal entrance into society. Youth and teens, ages 6-17, who wish to become experienced in social manners, character building, verbal skills, formal dancing, literature and art, this BOOT CAMP is for YOU!!!! Exceptional skills training!!!! (* Supply fees may apply) All participants who complete training will participate in an actual PAGEANT. For more information call 727-1123.

Yummy, Yummy For My Tummy

Mondays, beginning 9/19 • 5-6pm
OHCC • \$7/week

Youth participants, 6-17, learn kitchen safety and how to create healthy meals. This is a weekly program. For more information call 727-1123.

ENRICHMENT

Guitar Lessons — Semi Private

Mondays • 5-7pm • NHCC • \$40/month

This course is for the beginning to intermediate guitarists ages 10+. An effort will be made to pair students according to their current level of ability. Students will learn about their instruments, how to tune the guitar, how to play easy scales and chords, and some easy (and fun!) songs. Intermediate students will learn how to play more advanced chords, how chords work in “families,” and about keys, scales, and basic harmony. For more information call 825-4805.

Guitar Lessons — Group

Mondays • 7-8pm • NHCC • \$30/month

This course is for beginners to intermediate guitarists ages 10+. Beginners will group with beginners and intermediates with intermediates. Students will learn about their instruments, how to tune the guitar, how to play easy scales and chords, and some easy songs. Intermediate students will learn how to play more advanced chords, how chords work in “families,” and about keys, scales, and basic harmony. For more information call 825-4805

Acting Workshop

**Tues, Wed & Thur, 4/3-5 • 12:30-3:30pm
WHCC • \$10/child**

Young budding actors, ages 9-18, can participate in this acting workshop that will teach character development, scene work, and stage presence. The workshop will also include guest speakers in the entertainment industry who will talk about how to succeed in the business. Workshop will also include class on finding your passion and developing a life plan to succeed. For more information call 896-4692.

DANCE

Pre-Ballet

**Saturdays • 11-11:50am
NHCC • \$25/month**

Calling all Balletomanes (Ballet enthusiasts), ages 3-5, this introductory ballet class will focus on ballet steps and movements along with balance, coordination, motor skills and flexibility. Basic ballet positions are incorporated to provide the little Ballerinas and Cavaliers with the basics of Ballet. For more info call 825-4805.



Ballet

**Saturdays • 10-10:50am
NHCC • \$25/month**

Ballerinas and Cavaliers, ages 5+, will review and continue to improve on the steps and movements learned earlier and develop dance routines. For more information call 825-4805.

Hip Hop Dance Class

**Saturdays, beginning 10/8 • 11am-Noon
OHCC • \$20/month**

Contemporary hip hop, locking, poppin, and breakin. Classes start off with a basic warm-up. Then the instructor breaks the class down with a hip-hop combination. In this class the instructor will lay out the basic foundations of the movement style. For ages 10-40. For more information call 727-1123.

African Dance

**Fridays • 10:30-11:45am
WHCC • Free w/HPR ID**

A fun and unique dance class for ages 5+ taught with traditional dances, drums, and other forms of music. For more information call 896-4687.



Healthy Families Partnership

offers a variety of Parent Education classes for families with children ages 0 through 18.

Below is a list of upcoming classes. For the most updated list visit www.hampton.gov/healthyfamilies

march

6 Win without Fighting • Learn to analyze your own responses to anger & how it impacts the family.

6 Special Needs Children • Goal setting, special education, and support for siblings, medical record keeping, and advocacy

17 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

april

3 Baby Care • Will cover the dos & don'ts of taking care of your baby's basic needs

9 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

21 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

may

1 Win without Fighting • Learn to analyze your own responses to anger & how it impacts the family.

1 Building Better Relationships • Couples set goals & examine the values within their relationship.

1 Dynamic Dads • Communication, Male/Female relationships & responsible fatherhood

3 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

7 Nurturing Skills Ages 1-4 • Normal child development, routines, positive discipline & more

7 Nurturing Skills ages 5-12 • Family rules, manage behavior & stress, communicate effectively

7 Nurturing Teens • Parents & Teens learn to handle stress, communicate & negotiate

19 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

june

4 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

16 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

july

2 1-2-3 Magic • Addresses the difficult tasks of child discipline with honor, keen insight and proven experience

5 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood

21 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood.

23 Internet Safety • Ways to help your child stay safe on the internet

23 Body Works • Parents as role models for their children to create a healthy & active lifestyle

24 What is Bullying?

30 Managing Aggressive Behavior • Teach children positive ways to respond to anger

august

6 LAMB (Labor & My Baby) • Calm your fears and prepare for parenthood

6 Developing Family Morals, Values & Rules

7 Handling Stress & Anger

13 Building Children's Personal Power

14 Developmental Stages

20 ABC — School Readiness • Your child's development during the transition to kindergarten

21 Preparing for Dating • Help your teen have healthy relations

REGISTRATION INFORMATION FREE for Hampton families

All classes will be held at Healthy Families Partnership (100 Old Hampton Lane, downtown Hampton)

You must register in advance. Call 727-1300 or email Lynn Butler at lbutter@hampton.gov to register.

EVENTS

SPRING-SUMMER 2012

family fun • fresh • cool • outdoor • grand • celebratory • crafty • historic • festive • holiday • country • performance

Hampton's Invest in Youth Celebration

Saturday, March 24 • 11am-3pm
Hampton Teen Center • Free

Come out for a day of fun and entertainment for Hampton families, especially those who have young people in elementary and middle school! For more information see page 15 sidebar.

Easter Eggstravaganza

Saturday, April 7 • 10am-3pm
Sandy Bottom Nature Park, Nature Center
\$5/child

Easter is here again and Sandy Bottom Nature park will be having its annual Eggstravaganza. Come join in the fun where you and your kids can experience arts and crafts, visit Easter rabbits and have egg hunts. After each hunt goodie bags will be handed out. For ages 3-12.

WWE Smackdown

Tuesday, April 10 • 7pm
Hampton Coliseum
Reserved Seating: Prices TBA

Come see the DOUBLE main event match - World Heavyweight Champion Daniel Bryan vs "The World's Largest Athlete" The Big Show (No Disqualification and No Count out match for the World Heavyweight Championship) and "The Apex Predator" Randy Orton vs Wade Barrett (Street Fight match). Also, see all of your favorite SMACKDOWN Superstars including Mark Henry, Sheamus, Cody Rhodes, Ted Dibiase and many more! Lineup subject to change.



Ringling Bros. and Barnum & Bailey presents Dragons

Thurs, April 19 at 10:30am & 7:30pm
Fri, April 20 at 7:30pm
Sat, April 21 at 11am, 3:30pm & 7:30pm
Sun, April 22 at 1:30pm & 5:30pm

Hampton Coliseum
Reserved Seating: \$78, \$45, \$33, \$22, \$10 (Kids 2-12)

Dragon tribes, the best of the best from four corners of the earth have been gathered together, in a single performance, to display their skills and show that they have COURAGE, STRENGTH, WISDOM and HEART and to help you find the Spirit of The Dragon!

International Children's Festival

Saturday, April 21 • 10am-5pm
Mill Point Park • Free
 See opposite page for more information.



Trans-Siberian Orchestra: Beethoven's Last Night

Saturday, April 28 • 8pm
Hampton Coliseum
Reserved Seating: \$57, \$47, \$37

Combining what happened with what might have happened, the story revolves around the tough choice that the composer must make with what will be his life's legacy.



New Edition

Thursday, May 17 • 8pm
Hampton Coliseum • Ticket prices TBA

Hampton Coliseum Spring Carnival Presented by Amusements of America

May 24-June 3 • Hampton Coliseum
Reserved Seating: \$57, \$47, \$37

Rides, games, food and fun! The Carnival is sure to have something for everyone.



2012 Pomoco Family Movie Series

Tuesdays, June 19-July 31
Entertainment starts at 7pm
Movie begins at sunset
Bluebird Gap Farm • Free

Bring your friends, family, folding chairs, and blankets to the farm on Tuesday nights this summer to enjoy free movies. Food & beverages available for purchase. Call for weather cancellations updates 727-8311. For more information, see page 17.

Wynne Ford Volvo's Storytelling in the Park

Fridays, June 22-August 3 • 11am
Bluebird Gap Farm • 60 Pine Chapel Road

Experience the art of storytelling through magic, music, puppetry and prose. For more information see page 11.

45th Annual Hampton Jazz Festival

Friday-Sunday, June 22-24
Hampton Coliseum • Reserved Seating: Ticket prices TBA

The Festival will take place over a 3-day period and will feature some of the greatest names in R&B, Soul and Smooth Jazz. Artist line-up is to be announced.



30th Annual Hampton Bay Days

September 7-9 • Fri, Noon-11pm • Sat, 10am-11pm • Sun, Noon-6pm
Downtown Hampton • Free Admission

Celebrating its 30th year, this annual festival is a combination of free entertainment on multiple stages, a family friendly area with a children's stage, 100 Arts & Crafts booths, 35 food vendors, and one of the longest fireworks displays in the area. For more information: www.baydays.com • 757 727-1641

Dog Days of Summer

Sunday, August 25 • 1-4pm
Ridgway Bark Park

It may be the hottest part of the summer but the Dog Days at Ridgway Bark Park are all about fun with you family and canine companion. Come on out for the dog bathing suit contest, free giveaways, entertainment, demonstrations, and much more. For more information: www.hampton.gov/parks • 757-8311

Groovin' By the Bay

Sundays, June 17-August 5 • 6-9pm
Buckroe Beach • Free

Rock at the beach this summer with a musical mix including everything from beach, pop, oldies, Motown and swing. Enjoy music under the stars! See page 10 for band listings.



A FANTASTIC **FREE** EVENT FOR ALL AGES!

international children's festival

Saturday, April 21, 2012
Mill Point Park ■ 10am-5pm
[Downtown Hampton]

Experience the SIGHTS, SOUNDS & TASTES of over 35 countries!

What began twelve years ago as an international festival for children
has blossomed into an event for the young and young-at-heart.

Live performances, ethnic foods and expo booths
feature something for everyone.

PRESENTING
SPONSOR:



FOR MORE INFORMATION:
www.hampton.gov/parks
727-8311



**Youth, Education
and Family Services**
HAMPTON

Hampton's Invest in Youth Celebration

Make plans to join us on

Saturday, March 24
11am-3pm

Hampton Teen Center
300 Butler Farm Road, Hampton, VA

Come out for a day of fun and entertainment for Hampton families, especially those who have young people in elementary and middle school!

- Step teams, dance squads, and theatrical performances
- Interactive family sessions, making learning fun: Healthy snack demonstrations, Play-It-Forward activities, Sheriff's ID-A-Kid, Home Depot Building Corner, family game shows, communication exercises, and much more!
- Free lunch for first 200 participants
- For our younger guests, there will be bouncy houses, face painting, and other fun activities.

Come out and bring the whole family for a day of fun and togetherness!

SPONSORED BY:

City of Hampton • Youth Education and Family Services • Hampton Neighborhood Commission • Hampton City Schools

For more information,
please contact Youth Connect:

OFFICE

Sabrina Jones, Program Manager
100 Old Hampton Lane
Hampton, VA 23669

PHONE: 757-727-2711 • 757-727-2730

FAX: 757-727-2176

EMAIL:

syones@hampton.k12.va.us
jdaugherty@hampton.gov



COMMUNITY CENTERS ABBREVIATIONS KEY:

West Hampton
Community Center WHCC
Northampton
Community Center NHCC
Old Hampton
Community Center OHCC
North Phoebus
Community Center NPCC
Hampton
Senior Center HSC
Air Power Park APP

**You can register for classes
at any community center
— or — call 727-8311!**

HAMPTON MAYOR'S COMMITTEE FOR PEOPLE WITH DISABILITIES

We meet the 2nd Thursday of every month except July and December – in City hall – 8th Floor – City Council Chambers from 3-5pm. Come visit us – we'd love to meet you and have you meet us.

Questions? Call Jeanne at 757-826-0762.

SPECIAL PROGRAMS FOR FAMILIES



Continuing the Principles

For all ages • OHCC

Continuing the Principles of Kwanzaa is a program designed to put the Kwanzaa Principles into action using community resources and community participation. Each month will be dedicated to a principle. For more information call 727-1123.

Umoja-Unity: Family Night Storyteller, Walking With the Ancestors

**Friday, 3/30 • 6-7:30pm
\$5/family (up to 5 members) w/o membership • Free with HPR ID**

Kujichagulia-Self Determination: African American Presence In Hampton Roads

**Friday, 4/27 • 6-7:30pm
\$5/family (up to 5 members) w/o membership • Free with HPR ID**

Guest Speaker and Local Historian

UJima-Collective Work and Responsibility: Mending What Has Been Broken and Surviving the Past

**Friday, 5/25 • 6-7pm
\$5/family (up to 5 members) w/o membership • Free with HPR ID**

Ujamaa-Cooperative Economics: Understanding Business and the Power of Your Dollar

**4-week session on Saturdays • 11am-1pm
\$5/family (up to 5 members) for the 4-week session w/o membership
• Free with HPR ID**

6/9 Understanding The Banking System
6/16 Entrepreneur Boot Camp
6/23 Marketing Your Business
6/30 Shop and Swap, Business Expo

Light Snacks Served.

Nia-Purpose: Body, Mind, and Soul Awareness

Saturday, 7/28 • 10am-3pm • Free

Come sample and participate: Yoga, Raw Chef, Organic Foods and Products, Health Screens, and Fitness. Roundtable discussion: What's on that Label?

Kuumba-Creativity: Restoring the Historical Sites

Saturday, 8/18 • 10am-3pm • Free

Imani-Faith: The Whole Village Community Celebration

Saturday, 9/1 • 10am-3pm • Free

Free giveaway of back-to-school supplies.

Family Night Sports

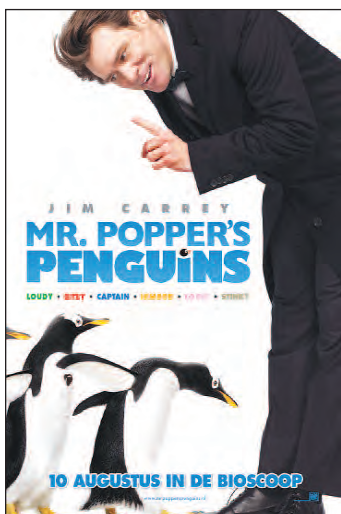
**Monday, 6/25 • 11am-1pm OR 6-7:30pm
OHCC • Free with HPR ID**

Bring your family and friends of all ages for a night of friendly competition. Play dodge ball, foosball and more! For more information call 727-1123.

Introduction to Hebrew Language

**Saturdays, beginning 4/14 • 2-3pm
OHCC • Free with HPR ID**

This is a beginner class for all ages to learn the Ancient Hebrew Alphabet. Students will explore the language and mystery of Hebrew. This 8-week class will prepare people to read as well. For more information call 727-1664.



ALVIN AND THE CHIPMUNKS: CHIP-WRECKED

JUNE 19 • The vacationing Chipmunks and Chipettes are turning a luxury cruise liner into their personal playground, until they become 'chipwrecked' on a remote island. As the 'Munks and Chipettes try various schemes to find their way home, they accidentally discover their new turf is not as deserted as it seems. G 87 mins

MR. POPPER'S PENGUINS

JUNE 28 • Jim Carrey is Mr. Popper, in a family comedy about a driven businessman who is clueless when it comes to the important things in life — until he inherits six penguins. While Popper's penguins turn his swank New York apartment into a snowy winter wonderland — and the rest of his life upside-down — they teach him valuable lessons about families... human or otherwise. G 94 mins

PUSS IN BOOTS

JULY 3 • Way before he ever met Shrek, the legendary Puss in Boots goes on a heroic journey,

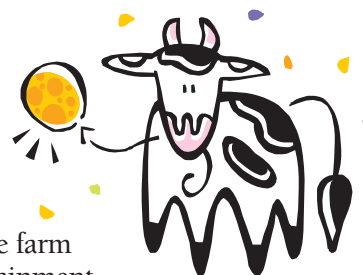
2012 POMOCO FAMILY MOVIE SERIES

enjoy **mooo-vies**
at Bluebird Gap Farm

[Bluebird Gap Farm • 60 Pine Chapel Road]

Bring your friends, family, folding chairs, and blankets to the farm on Tuesday nights this summer to enjoy free movies. Entertainment begins at 7pm, followed by our feature presentation at sunset.

FREE ADMISSION! | Food & Beverages Available for Purchase



teaming up with mastermind Humpty Dumpty and the street-savvy Kitty Softpaws to steal the famed Golden Eggs. It's the adventure of nine lifetimes! PG 90 mins

JUDY MOODY & THE NOT BUMMER SUMMER

JULY 10 • This summer, third grader Judy Moody is planning the most super-duper, double-rare summer vacation ever with best friends Rocky and Amy. Except that it turns out Rocky is going to circus camp to learn to



tame lions, and Amy is headed off to Borneo with her mom to save a lost tribe while Judy stays home with her pesky little brother Stink and second-best friend Frank Pearl. Just when she thinks things are as rotten as they can be, her parents announce that



they will be going to California and Judy will have to stay behind with her Aunt Opal, who she's never even met! It looks like Judy's best summer ever has just become her way worst summer ever. PG 91 mins

DOLPHIN TALE

JULY 17 • Based on true events, this family film is about Winter, a young dolphin who lost her tail in a crab trap, and Sawyer, the introverted 11-year-old boy who befriends her. Sawyer meets the rescued dolphin at the Clear-



water Marine Aquarium, a marine rehabilitation center where she lives. Sawyer rallies friends and family alike to save Winter by convincing a pioneering doctor to create a unique prosthetic appendage to restore the dolphin's ability to swim. PG 119 mins

ADVENTURES OF TINTIN

JULY 24 • Intrepid reporter Tintin and Captain Haddock set off on a treasure hunt for a sunken ship commanded by Haddock's ancestor. PG 107 mins

WE BOUGHT A ZOO

JULY 31 • A story about finding joy, the power of family, and the triumph of hope. A widowed father buys a dilapidated zoo in hopes of making a fresh start. While facing enormous odds to keep the zoo open, he must find the courage to recommit to his children and to their new life together. Based on a true story. PG 124 mins



YOUTH ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE
413 W. Mercury Blvd
726-8750 or 726-8751





The Hampton Parks and Recreation Department offers programs which are open to all persons regardless of race, sex, religion, color, national origin, age or disability.

If you are disabled and will need special accommodation in order to participate, please contact us at
(757) 727-1601.

Youth Basketball

Ages 6-18 • November-March
Registration: October

ABERDEEN.....	Linwood Harper • 838-4679
CAVALIERS	Kevin Custis • 753-9488
FOX HILL.....	Lisa Quidera • 268-6734
KAPPA CARDINALS	Arthur Price • 838-6251
NORTHAMPTON.....	Adrian Lyles • 725-4510
PHOEBUS	Barry Moore • 320-7776
WOODLAND.....	Willie Washington • 303-8295
Y.H. THOMAS	Douglas Sessoms • 303-2248
ANDREWS	Joseph Biava • 268-3333
DAVIS	Gary VanHook • 879-2336
LINDSAY	Richie Scott • 508-2567
SPRATLEY	Michelle Barnes • 850-5032
SYMS	Theresa Brown • 850-5050
THOMAS EATON.....	Mark Hudson • 825-4540
TYLER.....	Steve Gurley • 851-2395
PHENIX	Cathy Williams • 268-3500
AAU BASKETBALL	Boo Williams • 825-1490
EAST COAST.....	Stephen Gibson • 713-2354

Football

Ages 6-15 • July-November
Registration: May

ABERDEEN.....	Dave Walters • 727-0599
CAVALIERS	Kevin Custis • 753-9488
EAST COAST.....	Stephen Gibson • 713-2354
FOX HILL.....	Rhonda Haywood • 810-2159
KAPPA CARDINALS	Arthur Price • 838-6251
NORTHAMPTON	Mitzi Newlin • 608-8364
PHOEBUS	Barry Moore • 320-7776
TYLER	Nick Dibuono • 345-9496
WOODLAND.....	Willie Washington • 303-8295
Y.H. THOMAS	Douglas Sessoms • 303-2248

Soccer

Ages 4-18 • March-June / September-November
Registration: January & July

VIRGINIA RUSH (ages 3-15)....	VA Rush Office • 224-0213
PHILLIPS (ages 4-18).....	Kathy Cato • 851-6600
PENINSULA AYSO (ages 2½-12) .	Warren White • 291-5305
VIP UNITED FC (Youth 10 & 19)	
.....	Ralph Capotosto • 880-4483
.....	Joe Slezak • 879-6602



Revised 02/14/12

Check www.hampton.gov/parks for the latest updates!

Wrestling

Ages 6-15 • December-March
Registration: November

HAMPTON	Dorothy Thacker • 838-6147
PIN 2 WIN WRESTLING CLUB ..	Janet Williams • 838-5906

Baseball/T-Ball

Ages 6-17 • March-June
Registration: February; Phillips April

MALLORY	Larry Foster • 672-9936
NORTHAMPTON	Jimmy Jessup • 867-7287
PHILLIPS.....	Dan Boltz • 851-6600
PHOEBUS	Mary McCoy • 851-9488
WYTHE	Phil Everhart, Jr. • 723-3559
Y.H. THOMAS	Douglas Sessoms • 303-2248

Softball

Ages 18+
SPRING: March-August
FALL LEAGUE: September-November

ATHLETIC OFFICE	726-8750
-----------------------	----------

Girls' Softball

Ages 8-16 • June-July
Registration: May

FOX HILL	Kevin Johnson • 851-0613
NORTH HAMPTON	(Jan) Nancy Hinson • 827-8438
WYTHE	Phil Everhart, Jr. • 723-3559

Cheerleading

Ages 6-15 • July-November
Registration: May

ABERDEEN.....	Yvonne Harper • 838-4679
CAVALIERS	Vanessa Rice • 358-9985
EAST COAST	Cindy Wygans • 714-7081
FOX HILL.....	Karen Ablonsky • 850-2674
KAPPA CARDINALS.....	Deena Edwards • 685-1909
NORTHAMPTON	Dana Rodgers • 320-5112
PHOEBUS	Sandra Hagins • 719-3761
TYLER	Mary Miller • 810-3057
WOODLAND	Leah Washington • 303-8295
Y.H. THOMAS	Tamika Acuna • 727-1200

Beach Volleyball

Ages 16+ • www.stopwatchsports.net
..... Craig Lenniger • 773-4386

YOUTH

[Continued from page 13]

SUMMER CAMPS AND PLAYGROUNDS

Spring Break Camp

For ages 6-12 • Mon-Fri 4/2-9 • 7am-6pm
NHCC • \$70

Come to the Northampton Community Center Spring Break Camp where you will enjoy field trips, crafts, games and more! Registration ends March 30. For more information call 825-4805.

Camp Summer Fun 2012

For ages 6-12 • Weekdays, 6/18-7/24
7am-6pm • NHCC & WHCC
\$80/week + \$20 registration fee

This camp is for children who have completed grades K-6. Summer Fun is all about fun field trips, cool counselors, and making many friends. If they come home TIRED and DIRTY, then we know they've had the full Funtastic Day! HPR Summer Fun Camp will operate from June 18-August 24 and you can pick one week or all ten. For more information call 825-4805 or 896-4687.

Summer Playgrounds 2012

For ages 6-17 • Weekdays, begins 6/18
9am-2pm • Locations listed below
\$15/week + \$20 registration fee

Summer Playgrounds is a fun filled, enriching summer program for children ages 6-17 that will operate for 9 weeks. From gaining new friendships to local field trips, to group activities, we will have your child on the go all summer. Come see what it's all about! Cost is \$20 registration fee per child, and \$15/week ... New payment option this year: pay \$120 up front for the 9 weeks and get a \$35 savings. This program will be closed Wednesday July 4 in observance of the holiday. The last day of the program is August 17. Register at any center beginning April 2. Late fees apply when children are picked up after 2pm. Registration and weekly payments are non-refundable. For additional information, please call 727-1123 or 727-1150.

MONDAY-THURSDAY LOCATIONS:

Tarrant Elementary • Tucker Capps Elementary

MONDAY-FRIDAY LOCATIONS:

YH Thomas • North Phoebus Community Center • Old Hampton Community Center
Six House • Newtown Learning Center

2012 Summer Camp and Before and After School 2012/2013 Registration

Summer Camp Registration begins March 26th–until full. Register during program hours at each school program site and at the School Age Program Office, Youth Education and Family Services (Healthy Families bldg.) 100 Old Hampton Lane • M-F 9am-4pm.

Camps • June 18-August 17

Two Adventure Camp Sites –
Kindergarten - 5th grade
Club 11/15 - Ages 11-15
7am-6pm • Monday-Friday
Participants must bring lunch daily (no refrigeration available).

Summer Camp Fees

One-time registration fee of \$20/child
\$80/week, \$75/week each additional child
Reduced fee for week of July 4th \$65 and
\$60 each additional child • Summer
School Students Rate \$55 a week and
\$50 each additional child

Before and After School Programs

Registration begins March 26th –until
each program reaches capacity. Register
during program hours at each school
program site and at School Age Program
office Youth Education and Family
Services (Healthy Families bldg.)
100 Old Hampton Lane M-F 9am-4pm.

Before School Program

\$20/week for the 1st child,
additional children \$17/week

After School Program

\$45/week for the 1st child,
additional children \$40/week

***One-time registration fee of
\$20 per child plus first week payment
due at registration**

Call 727-1300, Option 4
for more information.

SCHOOL AGE PROGRAMS

Healthy Families Partnership • 100 Old Hampton Lane • Hampton, VA 23669 • 727-1055
Monday-Friday 8am-4:30pm • Website: www.hampton.gov

We offer BEFORE SCHOOL and AFTER SCHOOL PROGRAMS
for Elementary Schools, K-8 Schools and Middle Schools!

Before School (AM) and After School (PM)
Program availability will be determined by
enrollment and school request. Both
programs are based upon a minimum
participation of 25 paid registrants.

The Before School Program begins at
7am and runs until dismissal for breakfast.
The After School Program begins at school
dismissal and runs until 6pm.

Students can only be registered for the
Before or After School Program at the school
they attend. All Programs end at 6pm.

FEES ARE AS FOLLOWS:

There is a Registration Fee of \$20 per child
per school year. Children who attend the
Before and After School program only pay
one registration fee for the morning and
afternoon programs.

Separate registration fee is required
for summer programs.

*Morning programs are based upon a
minimum participation of 15 paid registrants.

PAYMENTS:

New 5-day passes may be used anytime
during the school year. A \$20 registration
fee is required. All days must be used by
the last day of school no refunds for unused
passes. Drop in passes require 24-hour
advanced site notification.

BEFORE SCHOOL (AM)

5 Day Drop in Pass	Weekly
First Child	\$25. \$20
Additional Child	\$25. \$17

AFTER SCHOOL (PM)

5 Day Drop in Pass	Weekly
First Child	\$50. \$45
Additional Child	\$50. \$40

HAMPTON SCHOOL AGE PROGRAMS

Check or money order payments and registrations
are now being received **at each program site**
as long as space is available.

Credit card payments are being received at:

Healthy Family Partnership
100 Old Hampton Lane • Hampton, VA 23669

Call 727-1055
for more information.

THERAPEUTIC RECREATION

727-1601 and 727-1977

Therapeutic Recreation Programs for Individuals with Disabilities utilize education and recreation services to help people with illnesses, disabilities and other conditions to develop and use their leisure in a way that enhances their health, independence and well-being. Participants must be able to follow one-step directions, participate in group activities, manage own behavior with moderate to minimal staff intervention.

Registration Information:

Registration is on-going and is required for all programs. Registration forms may be picked up at the Hampton Senior Center, 3501 Kecoughtan Rd. New participants must complete participant information packets and meet with the TR Staff before registering for programs.

THERAPEUTIC SUMMER CAMPS

Camp Kicotan

Monday-Friday, 6/25-8/24 • 7am-6pm
OHCC • \$75/person per week

Nine weeks of excitement are planned for summer vacation. Sign up for an adventure with your peers. Take some trips, make new friends, and learn new things. This program is designed for persons with disabilities, ages 5.5-12.. This program is designed for individuals with special needs, and requires an assessment with an advanced registration. Limited space available. Call 727-1601 for more information.

Transitions Camp

Monday-Friday, June 25-August 24
7am-6pm • Teen Center • \$75/person

Nine weeks of excitement are planned for summer vacation. Sign up for an adventure with your peers. Take some trips, make new friends, and learn new things. This program is designed for persons with disabilities, ages 18-22. This program is designed for individuals with special needs, and requires an assessment with an advanced registration. Limited space available. Call 727-1601 for more information.

Camp Cherokee

Monday-Friday, 6/25-8/24 • 7am-6pm
Teen Center • \$75/person

This program is designed for individuals with special needs, ages 13-17, and requires an assessment with an advanced registration. Limited space available. Call 727-1601 for more information.

THERAPEUTICS

For Individuals with Special Needs

THERAPEUTIC RECREATION ASSESSMENTS

Tuesday-Thursday • 3-5:30pm • For ages 5-22 • \$25

Therapeutic Recreation Programs for individuals with disabilities, ages 5-22, utilize education and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure in a way that enhances their health, independence, and well-being. Participants must be able to follow one-step directions, participate in group activities, and manage own behavior with moderate to minimal staff intervention. Parents, if you anticipate signing up your child for

therapeutic recreation programs, you must have an assessment completed. The parent must provide for the following participant's items: recent copy of IEP, current physical, list of medications currently taking, assessment fee of \$25 in the form of check or money order, and a current picture of the participant. If the participant will be receiving financial support, we need documentation along with case manager contact information. For more information call 727-1601.

SPECIAL EVENTS

Spring Break Camp

Monday-Friday, April 2-6 • 7am-6pm
OHCC • \$75/person

Join your peers for a week of spring fun. Socialization, games, and arts & crafts will make this school break exciting and active. This program is designed for individuals with special needs, ages 5.5-22, and requires an assessment with an advanced registration. Limited space available. For information call 727-1601.

Teddy Bear Picnic

Saturday May 26 • Noon-2pm
Location TBA

Bring your favorite stuffed animal to the park and have lunch with other families. This event is designed to allow families of special needs children, ages 5-12, to connect and socialize. Hot dogs and punch provided. Please preregister today. Limited space available. Call 727-1601 for more information.

ONGOING

Adult Therapeutic Recreation Program

Interested in our recreation opportunities for adults with special needs? Give us a call for current calendar and information. We offer a variety of activities throughout the year to encourage socialization with peers, with stimulating activities fitting for adults of our community. Participants engage in a number of activities, including fitness, crafts, cooking, movies, and more! For more information, call 727-1601.

After School Program

Ongoing • 2:30-6pm @ OHCC & Phoebus High School

This is an after school recreation program designed for children with special needs, ages 5.5+. The program encourages socialization, independence, and fun for participants, while offering a variety of recreational activities for participation. This program requires advance registration.

BEFORE SCHOOL	Weekly	Monthly
First Child	\$20	\$70
Additional Child	\$17	\$65
AFTER SCHOOL	Weekly	Monthly
First Child	\$45	\$160
Additional Child	\$40	\$150



Therapeutic Recreation Service's goal is to provide opportunities for children and adults with disabilities to participate in recreation and leisure programs in the Hampton Community

virginia beach / hampton

BLAZE SPORTS CLUBS

For more information or to register for the program call 727-1977 or 727-1601.

AGE: 6-11; 12-18 & Adult • LOCATION: based on the activity.

DAYS: Call to get the seasonal sport schedule

TIME: Varies, based on sport • REG. DEADLINE: based on sport

TARGET POPULATION: Serving individuals with physical disabilities to include: Spinal Cord Injuries, Spina Bifida, Cerebral Palsy, Amputee, etc.

FEE: \$20 non-refundable registration/assessment, additional fee may be required based on the sport.

SKILLS REQUIRED: Ability to push manual wheelchair/sports chair and a desire to actively participate.

This program is a partnership with Virginia Beach Parks and Recreation Department. These programs offer introduction and instruction for youth, teens, and adults with physical disabilities in a variety of adaptive sports, such as wheelchair basketball, wheelchair tennis, swimming, and track and field.

ADULTS

FITNESS

Cycle Circuit

Saturdays • 9-10am • WHCC • \$15/month

Saddle up and ride! Serious calorie and fat burning workout without the impact of traditional aerobics. Cycle Circuit combines cycling with resistance training, abdominal work and flexibility training for better overall health and fitness. For ages 14+. For more information call 896-4687.

Fitness Yoga

**Wednesdays • 6:30-7:30pm
NHCC • \$15/month**

Fitness Yoga, for ages 13+, is an excellent way to relieve stress and tension while increasing flexibility, strength and energy. It offers a non-impact and complete mind, body, and spirit workout. For more information call 896-4687.

Kettlebells

**Mondays & Wednesdays • 5:15-6pm
WHCC • \$20/month**

Kettlebells offer the unique balance of strength and cardio with weighted bells using swings, clean and press, the snatch and a wide variety of other exercises. For ages 16+. For more information call 896-4687.

Move It Groove It (formerly Seniorcize)

**Mon & Thu (WHCC), Tue & Fri (NHCC)
10-11am
WHCC & NHCC • Free with HPR ID**

A great way to stay active and keep your body strong. Fun music with easy cardio for your heart, moves that increase range of motion, resistance training to increase lean muscle and bone density. For ages 55+. For more information call 896-4695.

Step & Sculpt

**Tuesdays & Thursdays • 8:30-9:30am
WHCC • \$20/month**

Traditional step aerobics combined with strength and body sculpting moves for a powerful, calorie blasting, fat burning workout. For ages 16+. For more information call 896-4687.

Sunrise Cy-Yo

Fridays • 6:15-7am • WHCC • \$15/month

Greet the sunrise with an exhilarating 25-minute indoor cycle ride followed by a refreshing 20-minute Yoga. For ages 14+. Class designed for all fitness levels. Class size is limited, register early! For more information call 896-4687.

TBC-Total Body Conditioning

Mon & Wed • 6-7pm • OHCC • \$20/month

Firm the butt, trim the gut, tone and tighten with this whole body workout. For ages 16+. Class is designed for all fitness levels. For more information call 727-1123.

30 Minute – Get Fit

**Mon, Wed & Fri • 12:15-12:45pm
WHCC • \$20/month**

Get in and get out in 30 minutes. Small group personal training at it's best! Cardio, strength, and flexibility training for all ages. Conveniently located in the heart of Hampton for that quick lunch-time workout. For ages 18+. Class size is limited – get in now! For more information call 896-4687.

Walk Away the Pounds

**Mon, Wed & Fri, 9-10am (WHCC)
Wed, 6am (WHCC)
Tue & Thu 5:45-6:45pm (WHCC)
Mon, 5:30-6:30pm (NPCC)
Tue, 9-10am (OHCC)**

Free with HPR ID

Total body walking program designed to reduce stress, decrease fat, increase muscle and cardio fitness. For ages 10+. Proper supportive walking shoes required. For more information call 896-4687, 727-1123, 727-1160, or 825-4805.

We Be Fit - Cross Training

**Tue & Thu • 5:45-6:45pm
NHCC • \$20/month**

Cross Training is designed to maximize your workouts through varying intensities, weight levels and repetitions while decreasing stress and joint injury. You'll burn fat and have fun too. For ages 16+. For more information call 825-4805.

Yoga-Lite

Mondays OR Wednesdays • 10-11am

NHCC • \$15/month per class day
Yoga-Lite honors the body as it matures. We combine breathing and gentle movement to increase flexibility, range of motion, strength and energy while relieving stress, lowering blood pressure and promoting overall well being. All equipment provided and exercises can be done on mats or in chairs. For ages 50+. For more information call 825-4805.

Workout on the Waterfront

**1st & 3rd Sundays, April-Sept • 8-9am
Buckroe Beach Stage • Free**

A great outdoor workout with a great view for all ages and fitness levels. All equipment provided by Parks & Recreation. For ages 8+. For more information call 896-4687.

ZUMBA

**Monday. 6:15-7am. WHCC
Monday. 6-7pm. NHCC
Tuesday. 7-8pm. WHCC
Thursday. 7-8pm. WHCC
Saturday. 10:15-11:15am. WHCC
\$15/month per class day • \$5 discount for more than 1 class**

Zumba is Fitness & Zumba is FUN! Latin dance moves combined with hot music for a great cardio workout that's more dance party than exercise. Lose inches, trim your waist, slim your hips! All classes taught by nationally certified Zumba instructors. For ages 14+. For more information call 896-4695.

SPECIAL FITNESS EVENTS

National Exercise Trainers Association Group Exercise Certification and CEU Workshop

**Sat & Sun, March 10 & 11 • 8am-5pm
WHCC**

To register or for more details contact NETA at 1-800-237-6242.

National Exercise Trainers Association Personal Trainer Certification

**Sat & Sun, April 21 & 22 • 8am-5pm
WHCC**

To register or for more details contact NETA at 1-800-237-6242.



ADULT ATHLETIC PROGRAMS

Hampton Parks & Recreation

ATHLETIC OFFICE

413 West Mercury Blvd.
726-8750 or 726-8751

Softball

Ages 18+
Spring League: March – August
Fall League: September – November

Athletic Office 726-8750

COMMUNITY CENTERS ABBREVIATIONS KEY:

West Hampton
Community Center. WHCC
Northampton
Community Center. NHCC
Old Hampton
Community Center. OHCC
North Phoebus
Community Center. NPCC
Hampton
Senior Center. HSC
Air Power Park. APP

**You can register for classes
at any community center
— or — call 727-8311!**

ENRICHMENT

Computer Classes

Tue & Wed • 9am-1pm
Newtown Learning Center • Free

This is an ongoing program for adults. For more information call 728-1710.

Open Computer Lab

Mondays • 10am-Noon
Newtown Learning Center • Free

This is an ongoing program for adults. For more information call 728-1710.

Marketing Your Small Business on the Internet

Monday, 5/14 • 6-8pm
OHCC • \$5

Develop an internet marketing plan for your business that incorporates SEO, advertising, e-mail, social media and more. For adults. For more information call 737-1123.

New Cell Phone Basics

Wednesday, 6/20 • 11am
OHCC • Free with HPR ID

Cell phone basics class is for adults who are young-at-heart but technologically challenged. Learn how to figure out your cell phone and what it can do to make your life easier. Come join us and bring your phone to class. For more information call 737-1123.

Job Search 101

Wednesday, 3/28 • 11am
OHCC • \$7 OR Free with HPR ID

Are you overwhelmed with a recent or pending job loss? This course is designed to help you build a specific strategy to begin your job search. For adults. For more information call 737-1123.



ADULTS

[Continued from page 21]

DANCE

African Dance

Fridays, begins 9/9 • 10:30-11:45am
WHCC • Free with HPR ID Card

Traditional African Dance taught by Tchesar with live African Drumming. A fun and unique class for ages 6+ taught with traditional dances, drums, and other forms of music. Great for homeschoolers and other groups. For more information call 896-4695.

Chicago Style Steppin'

Tuesdays, begins 4/3 • 6-7:30pm
OHCC • \$30

Chicago Style Steppin' is a social dance done in time to music that occurs on a steady, recognizable "downbeat." You will learn to take steps to the down beat and still come back in time with your partner, as well as how to execute the various turn patterns, footwork, and pulls that are inclusive elements of this dance. This is a six-week class. For ages 16+. All levels are included in this class. This class is ongoing and you must register at any community center 1 week before the start of class. A new class starts every 6 weeks. For more information call 727-1664.

Step In the Name of Life – Line Dancing

Thursdays • 6:15-7:30pm
OHCC • Free with HPR ID

Step in the Name of Life's goal is to fight high cholesterol, high blood pressure, diabetes and much more through the exercise of line dancing. Enjoy contemporary line dance music and line dance your way to good health. For ages 16+. Ongoing, register any time. For more information call 727-1664.

Hip Hop Dance Class

Saturdays, beginning 10/8 • 11am-Noon
OHCC • \$20/month

Contemporary hip hop, locking, poppin, and breakin. Classes start off with a basic warm-up. Then the instructor breaks the class down with a hip-hop combination. In this class the instructor will lay out the basic foundations of the movement style. For ages 10-40. For more information call 727-1123.

SOCIAL

Music, Poetry and More Night

Thursdays, begins 3/15 • 7-9pm
WHCC • Free

The two components needed for Music and Poetry Night are: talent and an audience! We're one of the only family-friendly open mic nights anywhere and we welcome talent of all varieties! Each month a special artist is featured and featured artists are given an opportunity to perform at other venues. We're the place for entertainers to entertain and listeners to listen. This is an ongoing program that is held the third Thursday of each month. For all ages. For more information call 896-4692 or www.facebook.com/Music and Poetry Night

Adult Acting Class

Mondays, begins 3/26 • 7-8pm
WHCC • Free with HPR ID

Have you always wanted to learn how to become a theatre actor or did you used to act and just haven't done it for years? Come together with other adults and learn the basics of acting: technique, scene work, and character analysis. Opportunities will be available to perform with the Inner-tainer Theatre Troupe during our summer performance season. This is an ongoing program that is held the last Monday of each month. Discover more about yourself by bringing out your actor within. For ages 18+. For more information call 896-4692.

B & B (Bingo & Breakfast)

Fridays, begins • 4/6 10-11am
WHCC • Free with HPR ID

Breakfast & Bingo will wake you up and keep you on your toes. Great Prizes!!! It's a potluck so please bring one of your scrumptious dishes. Coffee and tea will be provided. This ongoing program is held on the first Friday of the month. For adults. For more information call 896-4696.

Chapter Chat

Fridays, begins 5/4 • 10-11:30am
WHCC • Free with HPR ID

Adults in the group will read the same book, discussing chapters the following week. Books will be a variety of topics and titles. For more information call 896-4688

Dominoes

Fridays, begins 6/8 • 11am-1pm OR 6-7pm
OHCC • Free with HPR ID

Our group plays for points, an exciting way to play. We look forward to seeing you there — and if you do not know how to play we will teach you. For adults. For more information call 727-1123.

Chess Class

Fridays, begins 3/30 • 11am-1pm OR 6-7pm
OHCC • \$7 OR Free with HPR ID

This is a fun class for beginners. Learn the fundamentals of chess, and improve your tactical knowledge and skills or master advance strategies. For adults. For more information call 727-1123.

SPECIAL PROGRAMS & EVENTS

3rd Annual Poetry Slam

Saturday, 4/14 • 6:30pm
WHCC • \$10/participant • Free to attend

Spoken Word Artist, 13 of Nazareth, is back as host for our 3rd Annual Poetry Slam! Spoken word artists ages 6-18 are invited to share their talent in this powerful poetry form. Prizes will be awarded for 1st-3rd place. This slam competition is the opportunity for poets to showcase their work and share this poetry form with the world. For more information call 896-4692 or email mstclair@hampton.gov.

2nd Annual Weightlifting Competition

Saturday, 4/28 • 9am • OHCC • \$5/person

Our 2nd annual weightlifting competition is open to men and women ages 18+. The competition will begin promptly at 9am and will feature three categories of strength: bench press, deadlift, and leg press. You must have a valid HPR ID and fitness pass. For more information call 727-1123.

Mother and Daughter Tea

Saturday, 4/21 • 2-5pm • NHCC • \$10/person

Come out and enjoy an afternoon of fun, food and entertainment. Invite your mother, grandmother, aunts, cousins, and any other woman who has been as inspiration in your life. For ages 5-18. For more information call 825-4805.

Health and Fitness Expo

Saturday, 5/19 • 9am–2pm • NHCC • Free

Get on the right track with the Health and Fitness Expo at Northampton Community Center. Enjoy a sampling of our various fitness activities provided by our HPR staff. Come prepared to break a sweat. Speak with representatives about your nutrition, fitness, insurance and health needs. For all ages. For more information call 825-4805.

SWAG Night
(Faith-Based Community) Servants
Worshipping an Awesome God

Saturday, 5/19 • 6-9pm
WHCC • Free

Youth from area churches are invited to join this party! Inspirational bands, soloists, groups, choirs, rappers and praise dancers will perform in this party-like

setting. This event gives young people something positive to do and the opportunity to meet other young people in a positive setting. Youth pastors are encouraged to bring youth groups out to this event. All ages are welcomed. So come out party and bring your SWAG. For more information call 896-4692.

Me & My Dad
Slam Dunkin' on Your Head

Saturday, 6/16 • 1-5pm
WHCC • \$20/team

Fathers, bring your sons -OR- mentors, bring your mentees ... and hoop it up at our 4th Annual 2-on-2 Father/Son Basketball Tournament. Teams will be guaranteed a minimum of two games. Awards will be given to the top 3 teams in each division. Divisions: 6-10, 11-15, & 16-18. For more information call 896-4696.

Innertainer Theatre Troupe –
Summer Production

Saturday, 8/5 • 4:30pm

Downing-Gross Cultural Center, Newport News, VA will host the play *Shame, Pain, Lies and Other Secrets Part 2* by Marie St. Clair. The Innertainer Theatre Troupe is a group of actors consisting of young people to adults that live in Hampton and Newport News. The troupe performs professional socially conscious plays that seek to both educate and entertain. This year's production focuses on dating and domestic violence. Auditions will be held on April 3rd, 6:30pm at Westhampton Community Center and is open to anyone, regardless of experience level. For more information call 896-4692.

Flounder Tournament

Saturdays, May 26-August • 12am-12am
Buckroe Fishing Pier
\$15 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. Prizes given for..... For more information call 727-1486.

Cobia Tournament

Saturdays, May 26-August • 12am-12am
Buckroe Fishing Pier
\$25 + pier admission

For ages 14+. Registration begins May 1st and is ongoing through August 26th. For more information call 727-1486.

ACTIVE OLDER ADULTS

SPECIAL PROGRAMS

Beginners Chess

Wednesdays, Mar-Sept • 11am-1pm
HSC • Free

Well, well... So you want to learn chess. Then learn from the beginning with other interested players. Instructor: Ray Massengill. For ages 50+. Call the center at 727-1601 for more information or sign up at the front desk.

AARP Driver Safety Program

Wed. & Fri, 4/11 & 13 • 1-5pm • HSC
\$12 for members • \$14 for nonmembers

To attend the two-day program call the Senior Center to place name on roster and payment will be accepted on first day of class. Please make checks payable to AARP. AARP membership is not required for class registration, but attendance to both classes is required to be eligible for the state mandated three-year automobile insurance reduction. For ages 50+. Class limited to 25 participants.

Memory & Brain Aerobics

4th Wednesdays of the month • 1:30-2:30pm
HSC • Free

Come join us in keeping your brain on charge and your memory on blast. Sign up at the front desk. For ages 50+.

Pizza Bingo

Friday, 3/16 • 11am-12:30pm • HSC • \$1

Come join us for the "Big Game" and enjoy pizza, drinks and prizes with a special guest caller. For ages 55+.

Orthopedic Care

Wednesday, March 21 • 1-2pm • HSC • Free

Come join us in powerful hour of information on hip, knee replacement and other joint news. Prevention and care information will be shared. Presented by Sentara Medical Care.

Orthopedic Care – Foot Care Class

Wednesday, March 28 • 1-2pm • HSC • Free

Foot Care Class and demonstration on the care of foot ailments and proper foot ware for the prevention and relief of pain. Presented by Foot Care Solutions.

All White Senior Soiree

Friday, 6/22 • 5-8pm • HSC • \$3

Strut your stuff outfitted in all white. Musical entertainment along with dance groups and other great fun is planned for a glamorous afternoon. RSVP required by Friday, 6/8. For ages 55+. Call or come in today to register to avoid cancellation of this magical event.

Red-Hot-Blue Day

Saturday, 7/14 • 11am-3pm • HSC

Can you sing, play an instrument, dance or even whistle? Then join us for this afternoon of fun. Enjoy picnic refreshments on the patio to follow. Bring a friend! For ages 55+. Please call or stop by to register by 7/7.

Golden Oldies Night

Saturday, 9/17 • Time TBA
NHCC • Free w/HPR ID

Start spreading the news about our "Golden Oldies Night." You will enjoy great food, great people and great music. For ages 50+. For more information call 727-1160.

Tea For Two

Friday, 4/27 • 11am-1pm • HSC • Free

Celebrate the renewal of spring at this lovely tea party with a friend or loved one. Remember this Arbor Day with the planting of a trees you'll receive at the party to commemorate your camaraderie. Dress up and join us for a lovely afternoon. Bring your own creative tea cup and saucer for judging (optional). Door prizes and refreshments provided. For ages 55+. Call the Senior Center at 727-1601 for additional information.

It's All About You Day

Friday, 5/11 • Noon-4:30pm
HSC • Donations

Mothers, daughters, sisters, wives, it's your day! Enjoy manicures, pedicures, and back massages to feel good from head to toe. For ages 55+. Reserve your spot, just stop by or call 727-1601 for more information.



Attention Quilters!

The Hampton Senior Center has a quilting stand that is available for your use during operating hours, Monday-Friday.

If you would like to come in and use it (at no charge), call us at 727-1601 to reserve some time for your special quilting project.

COMMUNITY CENTERS
ABBREVIATIONS KEY:

West Hampton
Community Center WHCC
Northampton
Community Center NHCC
Old Hampton
Community Center OHCC
North Phoebus
Community Center NPCC
Hampton
Senior Center HSC
Air Power Park. APP

You can register for classes
at any community center
— or — call 727-8311!

DANCE

Beginning Square Dancing

Mondays • Noon-2pm • HSC • Free

Join the Hobsons in the basic beginners square dancing for some jubilant fun and good exercise to boot! For ages 50+. For more information call 727-1601.

Beginners Line Dance

Wednesdays • 10-11am • HSC • Free

Learn the basic steps and new dances during this 10-week session. No prior dance experience required. Great way to exercise and enjoy fun socialization. Dress for exercise. Athletic shoes are required. For ages 50+. For more information call 727-1601.

Line Dance

**Tuesdays & Thursdays • 10-11am
HSC • Free**

This is for the folks who have taken Line Dancing 1 or have prior experience. Learn some of the hottest line dances. Dress for exercise. Athletic shoes are required. For ages 50+. For more information call 727-1601.

COMMUNITY CENTERS
ABBREVIATIONS KEY:

- West Hampton
Community Center WHCC
- Northampton
Community Center NHCC
- Old Hampton
Community Center OHCC
- North Phoebus
Community Center NPCC
- Hampton
Senior Center HSC
- Air Power Park. APP

**You can register for classes
at any community center
— or — call 727-8311!**

ACTIVE OLDER ADULTS

[Continued from page 23]

SOCIAL

Bingo!

Tuesdays • Noon-2pm • HSC • Free

If you like the sounds of “B-9” or “G-41,” you’re going to love our Tuesday afternoon Bingo! Players are asked to bring 3 inexpensive, new gifts (\$1 items are fine) for prizes. For ages 50+. For more information call 727-1601.

Poker

Thursdays • 1-4pm • HSC • Free

Beginners and experienced players will enjoy this weekly afternoon of poker. There’s no money involved, just chips with occasional prizes given for the player with the highest amount of chips. Come on out and try your luck! For ages 50+. For more information call 727-1601.

Pinochle

**Tuesdays & Fridays • Noon-4pm
HSC • Free**

What a great way to spend an afternoon. Double-Deck Pinochle - put your skills to the test. This is an ongoing activity that’s equal parts fun and strategy. For ages 50+. For more information call 727-1601.

Bridge for Intermediate
and Seasoned Players

Thursdays • 10am-2pm • HSC • Free

There’s no such thing as too much bridge, so intermediate and seasoned players will want to mark your calendars for these weekly games. We will provide coffee, tea and a fun atmosphere. For ages 50+. For more information call 727-1601.

Lunch Bunch Club

**Fridays • 12:30-2pm • Call for location
Cost of lunch is on your own**

Want to go to lunch, but no one’s available to join you? Then join the Lunch Bunch group — where you’re never a stranger and an extra seat is always available. You’ll meet others who enjoy eating out and trying out new restaurants in the Hampton area once a month. Please call in advance to get your name on the list and to find out which restaurant we’ll be dining at for the month. For ages 50+. For more information call 727-1601.



Cards Galore

Thursdays • Noon-4:30pm • HSC • Free

Get your game on! Players wanted for weekly games of Bid Whisk and Spades. Grab a hand and head on down. Don’t renege. While here you may also join other novice and pro players in ongoing card groups like pinochle, bridge, poker and O’(double hockey sticks). For ages 50+.

FITNESS

Walk Away the Pounds

**Mondays-Fridays • 9-10am
HSC • Free**

Get fit fast in this complete total body walking program that gives you serious fat burning, muscle conditioning and stretching. This is a video-instructed program offered to the community at NO cost. We ask you to wear proper exercise attire and athletic shoes. For ages 50+. For more information call 727-1601.

Night Walkers

**Mondays & Wednesdays • 5-6pm
HSC • Free**

Get in motion with this enjoyable exercise program designed for all ages who are young at heart. It is an extension of the morning daily Walk Away the Pounds program with a twist. Exercise to the self-directed video and then, when scheduled, a health and wellness professional will be on site to provide information and consultation about health related topics. For ages 50+. For more information call 727-1601.

Power Angels 4-Mile Workout

**Mon, Wed, Fri • 10-11am
HSC • Free**

Join the Power Angels for a 4-mile workout video. For ages 50+. For more information call 727-1601.

Bowling All Starzz

**Mondays • 1-2pm
HSC • \$3.60 for HPR Seniors**

Enjoy the smoke-free atmosphere at Spare Times – this is not a league. Bowl for the fun and exercise. For ages 50+. For more information call 727-1601.

Seniorcise

**Mon Tues & Thu • 11am-Noon
HSC • Free**

Get off the couch, grab a chair at our place and have FUN on the move! Join us for a low impact chair exercise geared toward the active mature adult. Fun exercise, socialization & increased range of motion! For ages 50+. For more information call 727-1601.

CRAFTS & MORE

Basic Knitting/Crochet

Tuesdays • 9-11am • HSC • Free

Join the “Happy Hookers” in fellowship and learn a new stitch! The Happy Hookers, a group of talented retired ladies are willing to teach people interested in learning and welcome newcomers. Bring your own materials. For ages 50+. For more information call 727-1601.

The American Theatre

NOTHING BUT THE BEST!



Theatre IV in
**HARRIET TUBMAN &
THE UNDERGROUND
RAILROAD**

**SATURDAY MARCH 17,
11AM & 2PM**



Theatre IV in
**THE HOUSE AT
POOH CORNER**

**SATURDAY APRIL 21,
11AM & 2PM**



That Puppet Guy in
PLANET EARTH, INC.

**SATURDAY MAY 5,
11AM & 2PM**

FAMILY FUN EVENTS!



**Keep a Look Out for
Our Upcoming Camps &
Classes for Children!**

Hampton Arts
STUDIO

Please Call for
more information

757-727-1490

The Charles H. Taylor Arts Center

www.HamptonArts.net

757-722-2787

PARKS & FACILITIES

AIR POWER PARK 726-0650

413 W. Mercury Boulevard
www.hampton.gov/parks/airpower

Visit this outdoor park and see the air power that played a vital part in America's early space exploration and aircraft testing. Outdoor exhibits open year-round, seven days a week. The indoor museum is NEW and open to the public, Monday-Friday, 8:30am-4:30pm. Free admission and parking.

BLUEBIRD GAP FARM see page 9

BRIARFIELD PARK 850-5116

1560 Briarfield Road • Hampton, VA 23661

Softball players and fans come from surrounding areas to play at this regional athletic park. This 49-acre site plays host to many National Softball Association games and tournaments. The mild climate in Hampton allows this park to be used year round by sport and nature enthusiast. The park features four lighted softball fields, five lighted tennis courts, picnic shelters and a children's playground.

BUCKROE BEACH PARK 850-5134

100 1st Street South • Hampton, VA 23664

Buckroe Beach is a favorite of residents and visitors to Hampton. The 3/4 mile clean, uncrowded beach is perfect for a day of relaxation. The adjacent park provides picnic shelters with table & grills, a children's playground, a large stage pavilion for community events, festivals and ample open space. Kayak, paddle boats & umbrella rentals are available during the season and lifeguards are on duty 10am-6pm, Memorial Day to Labor Day. Interpretive programming available. No pets allowed in Park area from May 15 to Sept 15. For information on shelter rentals call 727-6347.

BUCKROE FISHING PIER see page 5

DARLING STADIUM 727-6347

4111 Victoria Blvd.
www.hampton.gov/parks/darling_stadium

The stadium is open for public jogging year-round 7am-3:30pm on Monday-Friday. All other paid events are scheduled in advance. This state of the art stadium is the host for football, soccer, track, and special events for the Hampton City School system.

EASON MEMORIAL PARK

The James M. Eason Memorial Park is a barrier free park located on Victoria Blvd. This park offers picnic shelters, a small children's playground and a relaxing walking trail.

GOSNOLD'S HOPE PARK 850-5116

This park is the destination point of many Hampton residents who come to enjoy the serenity of this 105 acre park. The park offers a variety of settings and amenities for families and individuals. Features include picnic shelters, campsites, a public boat ramp, BMX track, a fitness trail, athletic fields and a children's playground. The park is open year round from 7am to sunset.

HAMPTON AQUATIC CENTER 727-1123

300 Butler Farm Road
(located behind the Teen Center building)

Features a 25-meter indoor pool. For hours & classes, see pages 6-7.

HAMPTON HISTORY MUSEUM 727-1610

120 Old Hampton Lane • Hampton, VA 23669
www.hampton.gov/history_museum

Hours: Monday-Saturday, 10am-5pm • Sunday, 1-5pm

Adults: \$5, Seniors, Active Military, Active NASA, Children ages 4-12, \$4; Under 4, Free; Groups (10 or more), \$3 each. Group tours can be arranged.

HAMPTON PARKS & RECREATION DEPARTMENT OFFICES 727-6348

22 Lincoln Street • Hampton, VA 23669
Fax: 727-8313 • www.hampton.gov/parks

Athletics 727-8750

Athletics Hotline 727-6251

Mingee Drive Operations 825-4478

Parks Operations 850-5116

Picnic Equipment Rental 727-1603

Picnic Shelter Reservations 727-8311

Special Events Permits 728-3077

Therapeutic Recreation Programs ... 727-1977

HAMPTON SOCCER COMPLEX 726-8750

2421 Andrews Blvd.
www.hampton.gov/parks/soccer_fields

The park is open daily 7am-sunset, including holidays. Hampton Soccer Fields feature four soccer fields and a parking lot. This site is used to support the city's soccer program and is used by local recreational leagues. Please call ahead to inquire about availability.

HAMPTON TEEN CENTER 766-1510

300 Butler Farm Road

Visit www.hamptonteenncenter.com for hours of operation, events and more information.

THE HAMPTON TENNIS CENTER see page 4

THE HAMPTONS GOLF COURSE see page 3

MILL POINT PARK 727-8311

100 Eaton Street
www.hampton.gov/parks/waterfront_and_feature_parks
Hours: Open daily 7am-sunset

This 2-acre park features a 300 seat amphitheater and a picturesque view of the Hampton River. The park hosts a variety of special events such as musical entertainment and festivals, and the stage is ideal for weddings. For rental information call 727-6348.

NORTHAMPTON COMMUNITY CENTER 825-4805

1435-A Todds Lane
(adjacent to Jefferson Davis Middle School)
Fax: 825-4737 • Email: nhcc@hampton.gov
www.hampton.gov/parks/north_hampton_cc
Hours: Monday - Thursday, 7-9pm • Friday, 7am-7pm
Saturday, 9-4pm • Closed Sundays

This community center offers programs and classes for all age groups ranging from piano lessons to fitness programs. Special features include a games room, full service fitness center, function and meetings rooms (small-medium size groups) and a reception room ideal for larger group meetings, receptions, banquets, workshops and seminars. Four lighted tennis courts, two basketball courts, two baseball fields, football field, and ¼ mile track located on the property.

NORTH PHOEBUS COMMUNITY CENTER 727-1160

249 W. Chamberlin Avenue
Fax: 727-1162 • Email: npcc@hampton.gov
Hours: Monday-Thursday, 9am-6pm, Friday 9am-7pm
and Saturday 10am-4pm • Closed Sundays

This neighborhood facility has a weight room, gymnasium, kitchen, teen room, game room, two basketball courts and a playground.

OLD HAMPTON COMMUNITY CENTER 727-1123

201 Lincoln Street
Fax: 727-1134 • Email: ohcc@hampton.gov
www.hampton.gov/parks/old_hampton_cc
Hours: Monday-Thursday, 8:30am-8pm
Friday, 8:30am-7pm • Saturday, 8am-4pm
Closed Sundays

Features a 25-meter indoor swimming pool, gymnasium, activity rooms, game room, three tennis courts, two outdoor basketball courts, multi-purpose room, kitchen, locker room and playground. See page ___ for aquatics hours & classes.

SANDY BOTTOM NATURE PARK see page 8

SENIOR CENTER 727-1601

3501 Kecoughtan Rd
Fax: 727-1145 • Email: hsc@hampton.gov
www.hampton.gov/parks/senior_center
"The place for positive aging"
Hours: Monday-Friday, 8:30am-4:30pm
Closed Saturday & Sunday

Programs for ages 55 and older. Features a game lounge, multi-purpose room, fitness area, and kitchen.

WEST HAMPTON COMMUNITY CENTER 896-4687

1638 Briarfield Road
Fax: 757 896-4606 • Email: whcc@hampton.gov
www.hampton.gov/parks/west_hampton_cc
Hours: Monday-Thursday, 6am-10pm • Friday, 6am-8pm
Saturday, 8am-5pm • Closed Sundays

This center features a 6,650 square foot gym, featuring a basketball court, 2 volleyball courts, and a perimeter walking path. Activities include league play, open basketball and volleyball, camps, clinics, and a walking club. A 2,200 square foot fitness room w/ free weights, machine weights and cardiovascular equipment. A multipurpose room for fitness, wellness, and enrichment activities. A community room for birthday parties, receptions, community meetings and classes. A jewel of WHCC is Hampton's first indoor climbing wall, a 9x9-meter rock surface wall, perfect for experienced climbers as well as first timers.

THE WOODLANDS GOLF COURSE see page 3

WOODLAND SKATEBOARD PARK

9 Woodland Road • Hampton, VA 23663
Open year-round. Sunrise to sunset only.
www.hampton.gov/parks_under_sports_and_fitness.



HAMPTON HISTORY MUSEUM

120 Old Hampton Lane • Hampton, VA 23669 • 727-1610 • www.hampton.gov/history_museum

Hours: Monday-Saturday, 10am-5pm • Sunday, 1-5pm

Adults: \$5, Seniors, Active Military, Active NASA, Children ages 4-12, \$4;
Under 4, Free; Groups (10 or more), \$3 each. Group tours can be arranged.

LUNCH IN TIME LECTURES

Sink Before Surrender: The C.S.S. Virginia

Wednesday, 3/21 • Noon-1pm

John V. Quarstein (book signing)

Korean War Battle of Chipyong

Wednesday, 4/18 • Noon-1pm

Monty Winget

Hampton Photographs and Artifacts Long Forgotten

Wednesday, 5/16 • Noon-1pm

Michael Cobb, HHM

Portsmouth and Gosport Navy Yard Through the Civil War

Wednesday, 6/20 • 7-8pm

Cory Thornton, Curator
Portsmouth Naval Museum

When the Twenties Roared: The Charleston, Babe Ruth and Speakeasies

Wednesday, 7/18 • Noon-1pm

Documentary Film
Michael Cobb, Curator

My Wife Just Blew Away, She Just Blew Away: The Great Dust Bowl,

Wednesday, 8/15 • Noon-1pm

Documentary Film
Michael Cobb, Curator

Who Knows What Evil Lurks in the Hearts of Men: The Shadow Knows All

Wednesday, 9/19 • Noon-1pm

PORT HAMPTON LECTURES

An American Turning Point: The Civil War in Virginia

Monday, 4/2 • 7-8pm

Andrew Talkov

Jamestown Rediscovery

Monday, 5/7 • 7-8pm

William M. Kelso, PHD

The Heroic Campaign to the Battle of King's Mountain

Monday, 6/4 • 7-8pm

Randall Jones, award-winning author
and storyteller

The Sea and Hampton's Long Reliance Upon It,

Monday, 7/9 • 7-8pm

Panel Discussion

The Day Which Will Live In Infamy

Monday, 8/6 • 7-8pm

Pearl Harbor Survivors and film

Hampton, My Hometown: Hamptonians Tell Their Stories

Monday, 9/10 • 7-8pm

Panel discussion

SPECIAL EVENTS

HUNT FOR HISTORY – Hampton at Work

Saturday, 3/24 • 8am-6pm

Landing Day at Kecoughtan Site

Sunday, 4/29 • 2-3pm

1607 Commemoration/Lecture/
Wreath Laying

EXHIBITIONS

An American Turning Point The Civil War in Virginia Part I – Waging War

Sunday, 6/24

Rotating Exhibition • Michael Cobb

An American Turning Point: Waging War

6/25-7/15

Gallery: De-installation

PARK SHELTER FEES

Aberdeen Neighborhood Park

1424 Aberdeen Rd.

Two Shelters free on a first-come,
first-served basis

Bluebird Gap Farm

Shelters free on a first-come,
first-served basis

Briarfield Park

\$50 Whole Day: Azalea

\$40 Whole Day:

Boxwood, Dogwood & Magnolia

Buckroe Park

\$50 Whole Day:

Lighthouse & Sandcastle

Eason Park

4005 Victoria Blvd.

Small Shelter free on first come,
first-served basis

Gosnold's Hope Park

901 Little Back River Rd.

Cedar \$75 (+ \$5 electricity);

Elm \$50 (+ \$5 electricity)

& Redbud \$50

Black Gum & Locust \$50;

Cherry, Bayberry & Oak \$40

Mill Point Park

100 Eaton St.

\$250 Whole Day

Ridgway Park

85 E. Mercury Blvd.

Shelter free on first-come,
first-served basis

Sandy Bottom Nature Park

\$40 Half Day/\$80 Whole Day
Lakeside Pavillion

\$25 Half Day/\$50 Whole Day

Parker Pavillion

\$20 Half Day/\$40 Whole Day

Individual Shelters

Y.H. Thomas Neighborhood Park

1300 Thomas St.

Shelter free on first-come,
first-served basis



eNews ■ *Get news directly to your email inbox!* This tool allows you to customize the information you would like to receive when you sign up. You can get email notifications on everything from events and educational offerings to emergency notifications and public meetings. Sign up today at www.hampton.gov.

Hampton City TV Channel ■ *The Hampton City Channel has launched a new show that's all about Hampton!* The Hampton Hour airs daily at 8 a.m., noon, 6 p.m. and 10 p.m. on Cox 47 and Verizon 23. You can also still watch City Council meetings (live and rebroadcast).

Hampton.gov ■ *Get the information you need at the source!* Visit the city's website for detailed information on city services, to view recent news and events and to conduct online business.

City Page ■ *Hampton news delivered to your doorstep!* This informational ad is published in the Hampton section of the *Daily Press* newspaper every other Friday. Pick up a copy or view on the city's website, www.hampton.gov.

Online Chats ■ *Have a question you want to ask the city?* Log on to the Mayor's live weekly online chat and ask away or just read the chatter. Chats are hosted each Tuesday from noon to 1 p.m. at www.hampton.gov/chat.

Dial 3-1-1 ■ *The answer is just a phone call away!* Our call takers are here to help you with everything from reporting a missed trash collection or pothole to answering questions about the city budget or a community center's hours. If calling from outside Hampton or from a cell phone, dial 727-8311 to use this free resource.

Facebook & Twitter ■ *Join the 3,000+ people following the City of Hampton online!* Get frequent updates on events, hot topics, give-a-ways and more! Try your hand at guessing the location of Jimmy the traveling crab each week; you never know where he'll pop up next! [Facebook.com/HamptonVa](https://www.facebook.com/HamptonVa) & [Twitter.com/cityofhampton](https://twitter.com/cityofhampton)

the city of
Hampton
virginia

